



THE TREASVRIE of hidden Secrets.

Commonlie called,
The good Husvviues Closets
of prouision, for the health of her Houshold:

Gathered out of sundry experiments, latelie practised by men
of great knowledge: *And now newly enlarged, with divers new
cessarie Physicke helpe, and knowledge of the names and
naturall disposition of diseases, that most commonlie
happen to men and women.*

Not impertinent for every good Huswife to vse in
her house, amongst her owne Famelic.



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Crown next aboue S. Andrewes Church in
Holborne, 1596.

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To all vvomen that loue and professe the practise of good huswifery, as well wines as Maides



Vertuous Gentlewomen honest Matrons, and ver-
soues virgins, I did not long agoe print (in my op-
tion) a verie necessarie book of Cookery, & bequea-
thed it vnto you, called the good huswifes hand-
maid for the Kitchin; and perceiving no lesse
but that it was acceptable among manie of you, I
haue lately reprinted the same; and for that this booke, called: The
good Huswifes Closet of necessarie prouision for the health
of her houshold, contayning, The maner as well to make all kinds
of Conserues and sirropes, and sugre paste for banqueting dishes, suc-
cadae, marmalade, and marchpane, dowers sweet distilled waters of
great vertue, fine powders for presses and chestes, with woollen and
linnen cloathes and Furre, to keep them from moth-eating: and ma-
nie pretios Oyles of sundrie operations and effects: as also necessarie
rie directions for preparation of good and wholesome kitchin physike,
in making good medieines, wholesome drinke, and other comfortable
things, to help and cherish the sicke and weake in your house: hath
likewise been printed by me afore time, I thought good now to aduer-
tise you that I haue conferred them both together, and in examining
them, found some things in the one, more pertinent unto the other: &
some things in the one that was likewise in the other, and therefore
needlesse that the selfe same things should be in both. I haue therefore
placed ecb thing that before was out of order in his due and conueni-
ent place, and doe commende both vnto your protection: the one for

The Epistle Dedicatore.

your kitchin, and this other a readie help, alwaies at hand as a Storehouse, or Treasurie of manie profitable secretes, and unknowne Conceiptes to be used as occasion shall require. First, printed at the request of a Ladie of great calling, and now augmented with some rare conceites not before published: How good soever they be, yours they bee: and my selfe at your command, to publish anything that may be to your good liking, and to amend what otherwise shal proone to your discontent.

R. I. Printer.

The Author of these Secretes, to his Booke:

Upon occasion that a Ladie of honorable regard, having seene this booke in writing, earnestlie requested, or rather commanded to haue a copie of the same.

Goe little booke of profite and pleasance,
To my honorable Lady without delay:
Shew her I send thee for the performance
Other request, sith she would haue no nay:
Yea, say, her command of me hath obtayned
Thee: that no golde nor good could haue gained.

The Treasurie or Closer of hidden Secretes.

To make marchpane. Chap. 1.

Take halfe a pound of blanched Almonds, and of white sugre a quarter of a pound, of Rose-water halfe an ounce, and of Damask water as much: beat the Almonds with a little of the same water, and grind them till they be small: set them on a few coales of fire till they ware thicke, then beat them againe with sugre, fine: then mix the sweet waters and them together, and so gather them, and fashyon your Marchpane: Then take wafer cakes of the broadest making, cut them square, paste them together with a little liquor, and when you haue made them as broad as wil serue your purpose, haue ready made a hoop of a green hazell wand, of the thicknesse of halfe an inch, on the inner side smooth, without any knage: lay this hoop vpon your Wafer cakes aforesaid, and then fill your hoop with the geare aboue named, the same drieben smooth above with the backe of a siluer spoone, as yee doe a Tart, and cut away all the partes of the cakes, even close by the cutside of the hoop, with a sharp knife, that it may be round: then having white paper vnderneath it, set it vpon a warme hearth, or vpon an instrument of Iron or brass, made for the same purpose, or into an Ouen, after the bread is taken out, so it be not stippedit, it may not bake, but only be hard and thorow dyed, and ye may while it is moyll stick it full of Comfets of sundry collours, in a comely order, ye must moist it cuer with Rosewater & sugre together: make it smooth, and so set it into the Ouen or other Instrument, the clearer it is like a Lancern hoyn so much the more commended. If it be thorow dyed, and kept in a drie and warme ayre, a Marchpane will last many yeares. It is a comfortable meat meet for weake folks, such as haue lost the taste of meates by much and long sicknes. The greatest secret that is in making this cleare, is with a little fine flower of Rice, Rosewater, and sugre beaten together, and laid thin over the Marchpane ere it goe to dyng. This will make it shine like yce, as Ladies report.

To gild a Marchpane, or any other kind of tart. Chap. 2

Take & cut your leaf of gold, as it lyeth vpon the book, into square pieces like dice, & with a Conies tayls end moistned a little, take the

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gold by the one corner, lay it on the place, being first made moist, and with another tayle of a Conte brie, presse the gold downe close. And if you wil haue the form of an Hart, or the name of Jesus or any other strange thing whatslouer, cut the same through a peece of paper, & lay the paper upon your Patchpan, or tart: then make the void place of the paper moist with Rosewater, lay on your golde, presse it downe, take off your paper, and there remaineth behind in golde, the print cut in the said paper.

To bake Quinces. Chap. 2.

Pare them, take out the coare, perboyle them in water till they be tender, let the water run from them, till they be drye: Then put in every coffin one Quince, in it a good quantity of marrow. Also take Suger, Synamon, and a little Ginger, & fill the coffin therwith, close it, let it bake an hower, and so serue it.

To keep Quinces vnpared all the yeere long. Cha. 4.

Take ripe Quinces, and at the great end cut out a stopple, then take out the coare cleane, and stop the hole againe with the same stopple (but pare them not) & perboyle them a little, take them vp, and let the water draine from them: then put all the coares, and some of the smalles Quinces in little peeces all to cut, into the water wherin all the Quinces were perboyled, and let them seeth till the liquoy be as thicke as molten size that Painters occupie, then take it from the fire and let it cooler in the meane season couch your cold Quinces in a barrel, or in an earthen pot, the great end downward (if the stopple be out, it makes no matter) and one vpon another. Then put the liquoy in, that it be an handfull ouer and aboue them: Couer them close, and after iii. or v. dayes looke to them, and when you see the liquoy sunke downe, put in more of the same, which you purposelesse kept to couer them, as before: then lay a boord vpon them, & a stonye, that they rise not, and couer the vessell close with a thick cloth folded that it take no aire, so let them remaine. And when ye intend to occupie some of them, vacouer the vessell, and ye shall find a creamie covering the whole liquoy, breake it in the middest, turne it ouer with your hand, then take out your fruite in order, beginning in the middest first, then by the sides, so that you remoue none, if it may be, but those that they take away: and every time you breake the creame, turne it ouer again into his place, so you must know, that the cream keepeþ out the aire, and keepeth in the strength of the sirrop, therfore it maketh

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ket much to the conservation of the fruite to saue it, and also to see the vessell close couered. Also, when you will bake your Quinces, wash them wel and cleane in warm water, and bake them as before is written.

To make Vinegre of Roses. Chap. 5,

In Summer time when Roses blow, gather them, ere they be full spread or blown out, and in drye weather, pluck the leaues, let them lie halfe a day vpon a faire boord, then haue a vessell with vinigre of one or two gallons, (if you wil make so much Roset) put therin a great quantite of the said leaues, stop the vessel close after that yee haue stirred them well together: let it stande a day and a night, then diuide your vinigre and Rose-leaues together in two partes, put them in two great glasses, and put in Roseleaues ymough: stop the glasses close, set them vpon a shelfe vnder a wall side in the South side without your house, wher the Sun may come to them the most part of the day, let them stand there al the whole summer long, and then straine the vinigre from the Roses, and keep the vinigre. If you doe once in ten dayes take and straine out the Rose leaues, and put in new leaues of halfe a dayes gathering, the vinigre wil haue the moze odour of the Rose.

You may vse in stead of vinigre, wine, that it may wax eager, and receive the vertue of the Roses both at once.

Moreover, you may make your vinigre of wine, white, red, or claret: but the red doth most bind the bellie, and the White doth most loose.

Also, the Damaske Rose is not so great a binder as the red Rose, and the White loseth most of all: Whereof you may make vinigre Roset.

Thus also you may make vinigre of Violets, or of Elderne flow- ers: but you must first gather and vse your flow- ers of Elderne, as shal be shewed hereafter, when we speake of making conserue of Elderne flowers.

To make paste of Suger, whereof may be made all maner of fruities and other fine things with their forme: as platters, dishes, glasses, cuppes, and such like things, wherwith you may furnish a table, and when you haue done you may eate them vp. A pleasant conceit for them that sit at the table.

Chap. 6.

Take

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Take Gum Dragant, as much as you wil, and steep it in Rosewater, vntill it be mollesfied. And for fourre ounces of sugar, take of the bignesse of a beane: the iuice of Limons, a Walnut shel full, and a little of the white of an egge: but you must first take the Gum, and beat it so much with a pelle in a morter of white Marble, or of brasse vntill it become like water, then put to it the iuice with the white of the Egge, incorporated well togither. This done, take fourre ounces of fine white Sugre wel beaten to powder, & cast it into the morter by litle & litle, vntill it be turned into the forme of paste: then take it out of the said morter, & lay it vpon the powder of sugre, as it were meale or flower, vntill all be like soft paste, to the end you may turn it, & fashon it, which way you wil: when you haue brought your paste to this forme, spread it abroad with Synamon vpon great or small leaues as you shall thinke it good, and so shall you forme and make what things you will, as is aforesayd, with such fine conceits as may serue a Table, taking heed that ther stand no hot thing nigh vnto it. At the end of the banquet they may break all, and eat the platters, dishes, glasses, cups, and all such like: for this paste is delicate and sauourous. If you will make a thing of moze finenesse then this, make a Tart of Almond, stamped with sugre and Rosewater of like sorte that Marchpanes be made of: this shall you lay between two pastes of such vessels, or fruities, or some other thing, as you think good.

To make Orenge Comfers. Chap. 7.

Take Orenge pillings, lay them in faire water a day and a night, then seeth them in white wine: then take them out of the Wine, and put them in an earthen pot, and put therein Sugre, Synamon, Cloues and Pace whole, and seeth them together without any other liquor, and so it is made.

To make fine blanch powder for rosted Quinces. Chap. 8

Take fine Sugre, half a pound, beaten in a hot morter to fine powder: of white Ginger pared, halfe an ouance, of chosen Synamon a quarter of an ouance, beaten ready to fine powder: mite them well together, and if you will haue it most excellent, cast two spoonfull of Rose or Damaske water, in beating of the Sugre.

To conserue Quinces in sirrop condit, alway ready to be serued in whole or in quarters. Chap. 9

Asteer your Quinces are coated and pared, seeth them till they be tender and soft: then lay the out till they be cold, in the mean time

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time, take of the same liquor two quarts or more, (according to the number of your Quinces which ye will keep & put therin the coxes and some other small peeces, seethe them in the liquor, to make the sirrop strong: straine them, and put into the liquor, being two or three quartes, one pinte of Rosewater, and so for every quart of liquor, one pinte of Rosewater, and so for every quart of liquor, one halfe pound of Sugre, seeth them again togither on a soft fire of coals, till the suger be incorpozated with the liquor, then put in your Quinces: let them seeth softly till you perceiue that your sirrop is as thick as lise hony, then set them to coole, and take them out, lay them in a tray or plater till they be colde: then take one ounce of bruised Synamon, and some whole cloues, put them with some of the Synamon into the sirrop, and when it is colde, lay a lard of Quinces in your glasse (called a gestelin glasse) or an earthen pot well glazed: then strawe a little of your Synamon vpon your Quinces, then poure some sirrop, lay on a nother larde of Quinces, and agayne of your spice and sirrop, and so foorth, till you haue done, and couer them two fingers ouer with sirrope aboue, couer them close: and within three or four daises looke to them: and when you finde the sirrope shrunken downe, put in more, and so reserue them. These are to be serued in with sirrop. See that the Quinces be tenderly sodden, and the sirrope thick & strong enough.

Plummes condicte in sirrope. Chap. 10.

Take halfe a pound of Sugart, halfe a pint of Rosewater, and a pinc of saice raine water, or of some other distilled water, seeth the suger, and the two waters vpon a soft fire of coales till the one halfe be consumed: then take it from the fire, and when it leaueth boylung, put therin halfe a pound of ripe Damasins, or other plums, and let it againe on the Embers, and keep it in like heat, till the plums be soft, by the space of an houre, if need be: then put into some Cloues bruised, and when it is cold, keep it in a glasse, or in an earthen Gallipot: the stronger the sirrop is with suger, the better it wil continue. Some put into the sirrop Synamon, Saunders, Nutmeggs, Cloues, and a little Ginger: seeth them not hastily, for feare of much breaking.

To make Walnuts in sirrope. Chap. 11

Take your Nuttes ten daises before Midsummer day, lay them in water, and change them morning and euening, til nine or ten daises be past, then pare off as thin as ye can, the bitter rinde, but the verie

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ground of them, and ſeethe them in ſuch ſirrope as ye doe Drengeſ, & when it is ſeven, ye muſt keepe them in a new ſirrope of the ſame making, or els make a ſirrop to leethe them in of clarifieſ honey: take ſaine water, or ſo lack of that, take other water, take threē times as much water, as ye do bony, & ſeethe it long and softly, then as the ſkin doth riſe, take it off, & ſo let it iceeth til it be clean ſcummied, & alſay it vpon your naile, if it tarie there, it is thick enough, or els not: there is all, and ſeethe your Nuts therin, and put them in a ſirrop of Sugre.

To make Marmalad of Quinces. Chap. 12

After that your Quinces ar ſodden, ready to be kept condicte, as before in the Chapter is wriuen, then with ſome of your liquoꝝ wherin they were ſodden (but without any ſpice) beat them and draw them as ye would do a Tart: then put ſome over the fire, and ſeethe them softly and in ſeething ſtrawe by little and little of powder of Sugre, the waight of the Quinces, or moze, as your caſt ſhall tell you: Stirre it continually, put thereto ſome pure Roſewater, or Daſtack water, let it ſeethe on height, till it be wal ſtanding, whiche thing ye may know, by taking ſome of it vpon a cold knife, and let it cooler if it be ſtiffe, then take it off, and boare it while it is warme, and ſet it in a warme and drye ayre: if you will gild your Marmalade, doke as afoxe is ſpoken of a Hatchpane.

The beſt making of a Marmalade is when the Quinces haue Iaine long, and are throughe ripe, and very yellow, as in Lent ſeafon.

And ſo alſmuch as Quinces are binding, and therfore not good for ſome ſicke folkes coniſſe, it is neceſſary to put a good many of ripe Apples of good verdue, as Renet, Pippin, Lording, Rusſetting, Poſteriall, Rex Pomorum, or any other Apple that is pleasant raw, among them, being firſt drawne from a Tart, and then ſodden among the other matter of Quinces. Thus ſhall you make your Marmalade ſomwhat ſouple, and alſo increase the quanticie and vertue of the ſame, eſpecially if it be well dafched with ſweete water.

To make Marmalade of Damſins, or Prunes. Chap. 13

Take Damſins which are ripe, boyle them on the fire with a little faire water, vntill they be ſoft: Then draw them through a course bouler, as ye make a Tart, ſet it on the fire again, ſeethe it on height with ſufficient ſugre, as you do your Quinces, dafch it with iweete water, &c. and boare it.

If you will make it of Prunes, doe likewiſe put ſome Apples

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so it, as you did to your Quinces. This wile you may make Marmalade of Wardens, Pears, Apples & Medlars, Serum, Cherries, or Strawberries, euery one by himselfe, or els mix it together, as you thinke good.

To make Succade of Peeles of Oranges, and Lemmons. Chap. 14.

First, take off your Peeles by quarters, and seeth them in fair water, from thre quartes to thre pintes: then take them out, and put to as much more water, and seeth them likewise, and so doe againe, till the water wherein they are sodden haue no bitternes at all of the peeles, then are they ready. Now prepare a sirrop as ye do for Quinces condicte in the sirrop, in the 9. Chap. before written, seeth them in glasse or pot.

To make greene Ginger. Chap. 15

Ake the Rases of cased Ginger of the fairest, and use them as followeth: Lay a broad lane of faire sand vpon a low flower on the grounde, hale a foot thicke, then lay your rases of Ginger vpon the sand in order, couer the Ginger with more sand, fourre or fve inches thicke, sprinkle the sand ouer with faire water twise euery day that it be moist, thus dayly doe, till ye shall perceiue your Rases to bee soft. Then take vp your Rases, wash them, and scrape them cleane, haue a sirrope ready made, as aboue is sayd, seeth them in it til they bee well seasoned: take them vp, and with some of the sirrop cat them or put them into a pot of stone.

To make Manus Christi. Chap. 16

Ake half a pound of fine white sugre, put thereto fourre ounces of Rosewater, seeth the vpon a soft fire of coals til the water be consumed, & the sugre is becom hard: the put therin a quarter of an ounce of the powder of Pearls, stir them together, put soz euery spoonful a peece of a leaf of gold cut of purpose, cast them vpon a leafe of white paper, being first annoyned with sweet Butter soz cleauing too.

To make Aqua composita. Chap. 17.

Ake fourre gallons of the best Ale, drawne frō the yeast 24. houres after it hath stood tunned, & put it into a close vessel, wherin ye shal put these hearbs following, and 4. ounces of Licorale scraped & bruised in a morter, & so much Annise seed wel garb'ed, then stirre these together twice a day for the space of thre daies, & let them stand 24 houres after: then put them into the stilling pot, and (if you please)

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You may also put in the lees of Malmesey or Sack, or any other distilled waters, but fill not your pot too full, then set on your Limbeck and close it fast to the pot, and keep a soft fire under it. These are the hearbs with their quantitie.

Isop, **T**yme, **R**osemarie, **S**age, **P**arslie, **V**orage, **L**antrescefe, **r**ed **F**ennell, **S**oyrcell, **H**artes toong, **B**ay-leaves, **B**ugloss, **S**eabia, **M**arigold, **C**ostmary, **R**ibwoort, **S**entory, **L**inerwoort, **F**umfrie, of each a handfull.

Mergerum gentle, **B**asil, **M**ints, **C**hampane, **W**oodblud, **P**ati-
ence, **V**alerian, **E**ndive, **C**loyme wood, **P**eneroyall, **C**ammomill, of
each halfe a handfull.

To make Aqua Vitæ. Chap. 18.

Take fourre gallons of strong Ale or wine lees, & put them in a brasell, & couer it well: then put to it three or fourre handfull of Rosemarie, Peneroyall, Liverwoort, Hartes-toong, or any other good hearbs, and stirre them together twice or thrice a day, for the space of fourre dayes: then put them in a brasell pot, and stil with a temperat fire, for els you burne your pot and loose your Aqua vite, which will stinke and looke red: Also, looke you keepe your water in a temper, and when it is very hot, let it out, and put in cold water againe into the upper part of the Limbeck, and so change your water as it waxeth hot.

Take a spoonfull from vnder the spout, and light it with a paper, and if it burne cleane out it is good, els not.

How to make diuers necessary Oyles of great vertue. Chap. 19

Oleum Hipirici.

Take the tops and flowers of S. Johns woort that hath red juice, three ounces, shred them small, and lay them to steepe in sweete Wine, as much as needeth, three dayes: then boyle them in a double glasse close stopt, & preesse out the liquoy from them, which done fourre times with fresh flowers, and a little moze wine, if any be wasted, if not, take the wine the fourth time strayne, put to it, Terebinthii. 3. ounces: of good Oyle, 6. ounces, and of Saffron a scruple, so let them boyle till the wine bee consumed: which poured cleare out from the grounds, reserue to be vsed.

It is hot and dry, and binding, wherefore it healeth the cuts and wounds of the sinewes, taketh away the paine of the hips, thighes, and bladder, and helpeith the vaine,

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Oyle of Rue.

Take blossoms and tops of Rue so many as you list, which small thred, put into some glazien vessell, and poure to so much sweete oyle as will couer them, and close stopt, let it stand in the Sun, or in some other hot place five dayes: then boyle it, and being strayneid from the hearbs, take so many fresh hearbs, and vse it as aforesaid, four or five times, and reserue it to vse, as aforesaid.

It is hot, opening, resoluteing, and mitigating paine: it heateth the raines, bladder, and Matrix, it taketh away the paines of them, & the Collicke, if the belly be annoyncted therewith: or a glistre made therewith, it is good for the sinewes, helpeth the Cramp, and putteth away cold humors.

Oyle of Dill.

Take the Flowers and leaues of Dill, &c. as aforesaid of Rue. It mitigateth paine, openeth the pozes, pouoketh sweat, resolueth vapors, impostumes, swellings and hardenes in any place, & if the backbone be annoyncted, it easeth the paines and growing of Fueres.

Oyle of Elder flowers in the same maner.

It soupleth, cleanseth the skin, helpeth the weaknes of the Liver, and the stoppynge of the same, and greatly asswageþ the paine of the soyntes.

Oyle of the leaues & flowers of Cammonill, as of Rue & dill. It is good against the pleurisie, openeth the pozes, resolueth vapors, correcteth the euill quality of humors, and is good for the sinewes, and abateth the paine maruellously.

Oyle of sweet Mints, as aforesaid.

It comforteth a weake stomacke, stayes vomit, moues appetite, helpeth concoction, and taketh away loathsonnes.

Oyle of Wormewood.

It is hot, and comforteth the partes that are too much cooled, chiefly the stomacke, pouoketh appetite, taketh away obstructions, and killith wormes.

Oyle of Roses, and of Rose buds.

It is good against inflammations, it cooleth the burning and boiling of the stomacke, and fretting of the bowels, if it bee giuen in gister, and to anoint the teeth, it taketh away the ache.

Of the Oyle of Violet flowers.

It is good against all inflammations and heat.

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To make Oyle of Earth-wormes.

Take of Earthwormes halfe a pound, of good Oyle two pound, of sweet wine two ounces: boyle all together, vntill the wine be quicke consumed, then straine it and keep it.

This Oyle is good for the ſinewes that are colde, and helpeth the paine in the ioyntes.

Oleum benedictum.

Take of Oyle two pound, Sotor, Calamit, Labdanum, Olibanum, Saffron, Gum-Arabick, Padder, gum of the Juie tre, Aloes, Succotrine, Mastick, Cloues, Galingale, Sincamon, Nutmegs, Cubebes, two ounces, Gum Elamie a pound, Mirrhe Bdelium, halfe an ounce, Galbanum, ſix ounces, Spike, an ounce, Rosin of the Pine tree, Armoniak, Dypouan two drams: beat all to powder that is to be beaten, and mixe it with the Oyle, and put all into a ſkilltozie of glasse, with the head and receiuer ſo closed, that no aire come out, ſetting your Linbecke vpon a ſoft fire, twelve houres, encreaſing your fire from ſix hower to ſix, till all be ſtilled. This done, beat all the reſidence in the bottome of the Still to fine powder, and with the ſaine Oyle diſtill it the ſecond and third time as afore, and it ihall bee as it were Balme.

It is good againſt Crampes, Palsies, paines of the ioints, colde Catars, green wounds and Ulcers, it comforteth the ſpirits, openeth obſtructions, one drop in the eare helpeth the hearing. A roſecake dipped in it and layd to the temples, helpeth the Pegrin, and taketh away the ſwimming of the head: an ounce in ſweet wine drunk three dayes together, cureth the diſease of the Lunges and the quartaine Fener: If you giue a ſpoonfull with wine thirtie dayes with a little powder of Piony rootes, it helpeth the falling ſicknes: ſo that if the coronal commiſſure be alſo anointed, it easeth the pain of the french Pockes, and is good againſt the ſtinging of any venemous beaſtes, and for all diſcaſes of the ſinewes.

To make Conſerue of Roſes, or other flowers. Chap. 20

Take buds of red Roſes ſomewhat before they be ready to ſpread: cut the red part of the leaues from the white, and beat and grind them in a ſtone moxter with a peſtle of wood, and to euery ounce of Roſes, put three ounces of Sugre in the grinding (after the leaues are well beaten) and grind them together til they be perfectly incopozated, then put it in a glasse made of purpose, or elſe into an ethen pot;

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pot, stop it close, and so keep it. Thus ye may make Conserues of all kind of Flowers commonly vsed for Conserues.

The vertue of Conserue of Roses.

Conserue of Roses comforteth the stomack, the heart and all the bowels, it molliseth and softenneth the bellie, & is good against black Choller, and melancholy. Conserue of white Roses doth loose the bellie moze then the red.

To make Conserue of Violets. Chap. 21

Take the flowers of Violets, and picke them from the stalk, beat and grind them with Sugre as you did your Roses: to these put double the waight of sugre to the waight of Violet flowers, but to all flowers, put three parts of sugre to one part of the flowers.

The vertue of the same.

Conserue of Violet flowers is good against the heat and inflammation of Choller, called yellow choller, it quencheth chirstiness, & maketh the belly meyse and salluble.

The vertue of Conserue of Buglossie. Chap. 22

Conserue of Buglosse flowers comforteth the heart, it is good for the frantick, and for the Melancholy: it is good for the Sincop and sorrow, it taketh away heart-burning, and trembling of hearts or stomack, it profiteth against Choller.

The vertue of Conserue of Borage. Chap. 23.

Conserue of Borage flowers is of like vertue: it is especially good against blacke Choller, or Melancholy, it also maketh one merry.

The vertue of Conserue of Rosemarie. Chap. 24

Conserue of the flowers of Rosemary, comforteth the colde and moist braine, it comforteth also the sinewes, it is good against melancholy and fletwme.

To keepe Cherries condicte, or Gooseberries. Chap. 25

Make your sirrop as for Plums, then take half a pound of Cherries, & cut off halfe the length of the stalk of every Cherry, put them into the sirrop, and vse them as you did the Plums, put in what spice pleaseth you, & so keep it as before is written: but make your sirrope strong ynoch of sugre, least it ware hote and corrupt: then must ye make a new sirrop, stronger of sugre, & put the Cherries in it to keep, as before is sayd: Thus may ye do with Gooseberries to make of them tarts or sauces all the yeare long, sauing that Gooseberries

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berries may be wel sodden without breaking, because of their rough
skinne, so it be softly and diligently done.

To make a Conserve of Quincers, after my Ladie
of the day: Gray Clements sorte, yestrayned. Chap. 26

Take sixe pints of faire water, put it in a faire vessell, put thereto the
whites of sixe Eggges, and with your hand all to beat the water
and the Eggges together, till you haue your liquor rise with great
fome: then put into your liquor sixe pounds of sugre, to sixe pinces of
water, that is halfe measure, if ye make it at Michaelmas, or at Holi-
lantine: after that sixe pounds and a halfe of Sugre will serue sixe
pintes of water. Then set your liquor, Eggges, and sugre on the fire,
and let them seeth till the scum arise: then take it off & scum it cleane
and let it on the fire againe, and scum it still, as long as there will
any soule thing or scum arise: Then put in twelue pounds of Quinces
with the coates taken out, so let them boyle softly, and still scum it if
any thing doe arise: and when it beginneth to looke red, lay a drop
of it vpon a paper, and when ye find that it wil stand vpon the paper,
then it is sodden ymough: then take it off, and let it run through a fine
haire sieue into your boxe, and with a spoon take off the froth vpon
and this will keep, but it must seeth soberly, and no rash fire, but a
continuall reasonable fire.

To preserue Quinces all the yeere, as it was vsed

for King Edward. Chap. 27
Take your Quinces and pare them, and seeth them in cleare wa-
ter till they be tender: Then put the water from them: then take
sugre and put water to it, to a pound and a halfe of sugre, put halfe a
pint of Rosewater, so seeth them together till it be like a sirrop, and
seeth them all till they bee browne. Then take out the Quinces,
and let the sirrope seeth againe till it bee somewhat thicke, as yee
see the sirrope of Greene ginger. Then put in your Quinces again,
and let them seeth three or fourre water noster whiles, then take the
from the fire, and put them in a stonye pot, or a little vessell of wood,
and thus keep them all the yeare: If yee list to put Synamon you
must put to every sixe pounds of Sugre, one ouce of Synamon, and
if yee haue no stonye Rose water, ye may make the same sirrop of run-
ning water, but it will not be so pleasant as Rose water, but it will
doe very well.

To make Quinces in sirrope. Chap. 28

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Take thirty Quinces, and take out the coares of them and pare them, and euer as they be pared, cast them in faire water, when the arte are allpared, take a pot of faire water, and put your Quinces in it, let them seeth til they be so tender that ye may put a strawe or rush through them: then take to your quinces ffe or sixe poundes of Sugre, and take some cleane water, as much as ye thinke will couer your Quinces, and put into this water your Sugre, and fourte or ffe whites of Egges all too beaten, so that there may rise vpon them a froth. Then put them so vressed into your water with Suggar, and let that stand vpon the fire till it hath sodden a wallop or twaine. Then take a peece of a woollen blanket, and poure this water through with sugre and all: Then put this water into a fair pot, and the Quinces together, and let them seeth till your Quinces bee very tender, and euer as there riseth any white or any thing, scum it off cleane. Then take out your Quinces, and let your sirrope boyle, till a spoone will stand in it, and when your sirrop is cold, put in your Quinces and stop it close, and within three dayes looke vpon it a gaine, and if the sirrope ware thicke, take more water and Suggar, and vresse it as afoxe written, and when you haue put it through a cleave cloath, then take the Quinces and the new sirrope, and put altogether, and let them seeth a while: Then take out your Quinces and let the rest seeth till it come to a sirrop, and when your sirrop is cold put your Quinces in, and so keep them all the yeare, but before that your sirrope be thicke enough, or els it will marre all: you may not put in your Quinces at the second seething, till your sirrop bee somewhat thicke, for they be not put in to seeth, but to soake out the wateresse of the first sirrope, and therfore they may seeth but a litle while at the second seething.

To make Conserue of Damsons, Chap. 29

Take Damsons and wash them in faire water, and dye them with a cloath, and put them in an earthen pot, and fill your potte with them, and couer your pot with a peece of passe, and put your pot in an empie Duen which was filled with bread: then put in your pot after the bread is out, & stop it very close, and let it stand fourte houres: Then take it out, and put your Damsons in a peece of thicke Canuas, and let the liquor that runneth from them, come into a fair pan, and in any wise breake not the Damsons that be in the cloth to haue

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more liquoꝝ, for you must haue no liquoꝝ but that whiche commeth
from them. Then take a faire boyling pan, and put your liquoꝝ in it
and put to it as much beaten sugre of the fynest, as yee thinke will
make it sweet, and seeth it vpon a quicke fire, and when ye thinke it
is ynoch, take a lawcer, and with your stirring sticke let a drop fall
vpon your lawcers side, and if it be ynoch it will be somewhat drie
Then take it from the fire and put it into your boxe, also you must
sticke it full.

To preserue Damsons. Chap. 30.

DAMSONS. You must take for euery pound of Damsons halfe a pounde of
sugar. First, make your sirrope with Sugare and Rosewater,
and when ye haue boyled it a while, then put in your Damsons
so that they lie not too neare together, so let them boyle till they bee
red at the stome. then take them out, and put them in a platter: then
put in more to the same sirrope, and let them boyle as the other did:
and when they be all boyled and colde, close the skinnes as close as
ye can, and poure on the liquoꝝ being hot, and so let the stand a while
or euer that you put them into the glasse.

To make Wardens in sirrope. Chap. 31

WARDENS. Take Wardens, and cast them in a faire pot, and boyle them till
they be tender: then take them vp and pare them, and cut them in
two or thre peeces, and take powder of Synamon a good quantity,
and put it in red wine, and straine them, and cast thereto Sugare.
Then put it in an earthenpot, & let it boyle together, and when they
are well boyled, take powder of Ginger, and colour it with Saffron
and looke that it be poynat and dulcet.

To make Prunes in sirrop. Chap. 32

PRUNES. Take Prunes, and put Claret wine to them, and Sugare, as much
as ye thinke will make them pleasant, let all these seeth together
till yethinke the Liquoꝝ looke like a sirrope, and that the Prunes
be well swollen: and so keep them in a vessell as yee doe greene gi-
ger.

The vertue of Conserue of Succory. Chap. 33

CONSERUE of Succory is good against yellow and blacke Chol-
er, and in the burning and heat of hot Feuers,

Elderne flowers. Chap. 34

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Conservue of Elder is good against the Mopphew, it cleanseth the Stomacke and the whole body from scabs.

Gather the clusters or bunches whereon the flowers growe, when they are new blowne or spred, lay them vpon a faire Sheet a-
broad in a chamber a day or twoes, till ye shall perceiue the flower wil
shake off and fall away: then picke them clean, and make therof con-
serue, as ye doe of other flowers.

And wheras it is more wholsome then pleasant, therfore put some
other conserue (such as ye list) amongst it, when ye will occupie it.

The vertue of Conserue of Sorrell, Chap. 35

Conservue of Sorrell is good against all kind of heates of the sto-
macke, and other principall parts of the body, and against yel-
low Choller.

Take leaues of Sorrell, wash them cleane, and shake off the wa-
ter cleane, or elstatie till the water be dyed cleane: beat them and
grind them with Sugre, as aboue, and then keep them.

The vertue of Conserue of Maidenhaire, Chap. 36.

Conservue of the leaues of Maydenhair, is good against the sick-
nes of the side, called the Pleurisie, and for all the diseases
of the breast, and of the lightes, and in all maladies of Melanc-
holie, and against red Choller.

Make it as ye doe Conserue of Sorrell.

To make Conserue of Elecampana roots, Chap. 37

Take the rootes of Elecampana, wash them cleane, slice them in
to peeces as big as your thumb, seeth them in fayre water till
they be tender, take them vp and poune them, and draine them
throughe a haire sieuer: put thereto in the second seething the double or
treble waight of Sugre, and when the Sugre is perfectly incorpo-
rated, take it off, and keep it.

The vertue of the same.

Conserue of Elecampana is a good comfort to the Stomacke, and
the nonrishing of the members, it maruellously looseth tough fream,
dissolueth and consumeith the same, by the siege it auoydeth it.

To make Conserue of Acornes or Gladens, with the

vertue of the same. Chap. 38

Take the rootes of yellowe Flowerdeluce, which groweth in
moist ground, otherwise called Flax roote: wash them, & scrape

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them, seeth them, & order them as ye do of Chicompana, now lass before rehearsed, and so keep it. This conserue is good against all sicknesses of the braine, and sinewes, and against all diseases of flesome. Unto women it openeth naturall course, and tearnes.

And you must generally learne, that in making conserues, frutes and roots are made with fire and seething. Moreover, the more sugre or honey is put into them, so it be not past three pound to one, the Conserue shall continue the better.

To make Conserue of Strawberries, with the vertue
of the same. Chap. 39.

Take Strawberries one quart, cleane picked and washed, set them on the fire til they be soft, straine them, put thereto two times as much sugre in powder as the weight of the Strawberries, let them seeth till the sugre be incorporated with the Strawberries, put it in a glasse or earthen pot well glazed.

The vertue of the same.

The Conserue of Strawberries is good against a hot liner, burning of the stomach, and specially in the fervent heat of an ague.

To make Conserue of Cherries and Barber-
ries. Chap. 40

Illike sort you must make Conserue of Cherries, and also of Barberries, sauing that these require more Sugre then the other doe, which are not so sowze as they be.

Here is to be noted, that of Conserue of frutes may bee made Marmalade: for when your Conserue is sufficiently sodden, & ready to be taken off, then seeth it more on height, & it will be marmalade.

Moreover some make their conserue, marmalad & Sirrops with cleane Sugre, some with cleane honey clarified: some with Sugre & honey together: and after the option of some great Clearkes, honey is more wholesome, though it be not so toothsome as Sugar.

To make all kind Sirrops. Chap. 41.

Take Buglesse, Borage, white Endive, of each one handfull: of Rosemary, Cyme Hyslop, winter Sauoye, of each halfe a handfull: seeth them (being first broken between your hands) in three quarts of water unto three pintes, then straine it, and put in the liquor whole Cloues an ounce, powder of Sinenaken halfe an ounce, powder of Ginger a quarter of an ounce, one Nutmeg in powder, of Sugar

Sugare halsē a pound and more: let them seeth upon a soft fire, well stirred for burning too, vntill it come to the thicknesse of hys honey, then keep it in Gallie pots. If you put one pint of Malmesey in the second seething, it will be better. When it is perfect, haue six grains of fine Muske in powder: stirre it amongl your stir rope as yee put it into your Gallipot, and couer it.

This Stir rope will last many yeares, & is excellent against sowning and faintnesse of heart: it comforteth the braine and sinewes, if it be vsed as much as a Hazell nut at once, at your pleasure.

A Violet powder for woollen Clothes and
Furres, Chap. 42.

Take of Treos two ounces, of Calamus Aromaticus, three quarters of an ounce, of Cypres, of Gallingale, of Spikenel, of Rose leaues dyed, of each a quarter of an ounce, of Cloues, of Spike, of Lauander flowers, of each halsē an ounce, of Nigella Romana a quarter of an ounce & Benjamin, of Stozat Calamit of each half an ounce, let them be all finely beaten and searcēd. Then take two or threē graineſ of muske, diſſolve it in Rose water, and ſprinkle the water vpon the powder, and turne it vp and downe in the ſprinkling, till it haue drunke vp the water, when it is drye, keep it in bags of filke.

A ſweet Powder for Naperie, and all Linnen
clothes, Chap. 43.

Take of ſweet Mar orum (that whiche is hoarie is the ſweeter) when it hath in hym ſeeds ripe, cut the brancheſ, ſo that the roote may ſpring againe: when the Mariorum is dyed, then rub out the ſeedes, and keep them to ſowe about Easter, and the hukes and leaues that grew about the ſeeds take for your purpoſe, rub them ſmall, (for if you beat them to powder in a morter, they wil loſe the moſt part of their ſauor) then take of white Saunders, or of gray Saunders, but looke that they be newe, of righte ſweet orour, for if they be old and haue no pleauant and quick odour, they are nothing worth: Take (I ſay) of theſe ſweete Saunders beaten into ſine powder, an ounce, and put it into an ounce of your ſweet mar orum, rubbed between your hands, as before is ſaid and if you put one or two graineſ of Muske therunto for your weaſing liaren, it is the better: ſowe theſe vp in a ſilk bag together, and lay it among your linnen: of ſuch bagges haue a dozen or two, whiche

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will continue many yeares, and when you looke to your linnen, then chafe each of the bags between your hands, that they may yeelde out their sweet odour. Moreouer, in the Summer time gather red roses in faire weather, so soon as they be blowne & opened, lay them vpon a table, a bed, or faire floore of boordes, and now and then remoue them least theymold & wax fusty. When they are dry, picke off the leauers, that you may haue two peckes of them, then straw them among and between the boughes and foldings of your linnen, with one handfull of dyre Spike flowers to stire handful of dyre Roses, & lay your sweet bags amongst them. Be sure that your linnen be euer through dyre, ere euer ye lay them vp, or els the Roses wil war hysse: set your cof fer in a drye aire, and in the winter time, or in wet weather, when ye perceiue your roses to ware moyst, then put them in a pills where of twain, that they fall not out, and lay them vpon your bed, betweene the couerlet & the blanket al night: or els before the fire, let them dry and straw them again. Moreouer, ye must alwaies haue a bagfull of dyre Roses in store, kept in a drye aire: for if he loose his rednesse, then losch the Rose his sweetnes. Finally, you must every yere put away your old Roses, and occupie new, but keep your sweet bags till many yeares.

To make a Ponie-amber. Chap. 44.

Take Beniamin one ounce, of Sotor Calamite halfe an ounce, of Labdanum the eight part of an ounce, beat the to powder, & then put them into a brazen ladle, with a litle Damask or Rosewater, set them ouer the fire of coales til they be dissolved and be soft like wax, then take them out and chafe them betweene your hands as yr doe wate: then haue these powders ready finely scarfed, of Cinamon, of Cloues, of sweet Sanders, gray or white, of ech of these three pow ders halfe a quarter of an ounce, mixe these powders with the other, and chafe them wel together, if they be too dry, moisten them with some of the Rosewater left in the ladle, or other: If they ware colde, warme them vpon a kniues point ouer a chafing dish of coales: then take of amber Greece, of Musk and Ciuer, of each three graines, dissolve the Amber Greece in a siluer spoone ouer hot coales, when it is cold make it small, put it to your musk and Ciuer: then take your Ponie that you haue chased and gathered togither, and by little and litle (with some sweet water if neede bee) gather by the Amber, Muske, and Ciuer, and mixe them with your ball, till they be perfectly

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seckly incorporated, then make one ball or two of the lumpe, as yee shall thinke good, for the waight of the whole is above two ounces, make a hole in your ball, and so hang it by a lace.

If you perceiue that the ball is not tough ynoch, but too brittle, then take a curtesie of Storax liquida, and therwile temper your ball against the fire, but take not too much Storax liquida, because it is too strong. By the better way is to haue some Gum, called Dra-
gazanthum ready dissoluued in sweet water, it wil be dissoluued in two dayes, and with that gather your ball with the heat of the fire: this ball will bee of like goodnes, within as without, and of great price.

Some men put in the making hereof, thre or fourre drops of oile of Spike, beware of too much, because it is very strong.

When you will haue your ball exceed in sweetnes, breake it and haue two or thre graines of Muske, or Civet, or Amber Greece, as you delight in, or altogether: Desselue them in Rose or Damaske water, and with the same chafe your Balle ouer the fire till it bee drunken in, then pearce a new hole, as before.

To make a fine Fumigation to cast on the coales, Chap. 45.

Take of Beniamin one ounce, of Storax Calamite halfe an ounce, dissolve them as for a Pomeamber: then haue ready these woods powders, or one of them, Ginger, or Cypres, or of white Saunders, and Cloues, of either halfe a quarter of an ounce, all in fine powder: mixe them all together, of either halfe a quarter of an ounce, all in fine powder: mix them all together, and with some Storax liquida gather them together with the heat of fire: then make them round, of the bignes of a blacke sloe, and with your seale print it a cake while it is warme and soft.

Of these cast one or two upon a chafing dish of coales, to purge all pestiferous and corrupt aire out of your house: if you put to the other things the powder of Amber beads, it will be the sweeter. Some put also Labdarum, as before laid in making the Pomauder, herein doe as the sauour shal please you.

To make the same in Oslers, Chap. 46.

Take a little of fine powder of Hallow, or willow coales, mixe with it some of your fumigation last before named, in the making, worke them well together, then fashion it with thre or fourre feet like a Cloue, and when it is drye, kindle the end of it at a quicke wale, and it will peeke a sweete sauour: put not too much coales
for

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for then it will sauour of them, put not too little coales, for then it will not keep fire, put not too much Storax liquida, for then it will be too brittle and too moist, and will not lightly drye: therfore it shall be very well to haue some Gum of the Cherry tree, or Plum tree, which they call Gum Arabicke: dissolve some of it into sweet water, till it be liquid and tough: with this gather your Oselets, or other Fumigations.

A moist sume vpon a Fuming dish. Chap. 47

Take a peece of Pomeamber, as big as a Hazell nut, bruise it, put it into your fuming dish, with sweet water: put therunto a few Bay leaues, as much of dried Hazel leaues, a litle rose-marie, and set it ouer the fire vpon a cupboard, or els in stead of the Pomeamber, put two or three of the Takes before written, broken small, and nine or ten whole Cloues: and if you will haue it excellent sweet, then put one or two graines of Muske, and let the leaues and them stand ouer the fire together, as before is said.

A Fumigation for presse and cloathes, that no Moth
shal breed therein. Chap. 48

Take of the wood of Cypres, or of Juniper, of Rosemarie dried, of Storax, Calamite, of Beniamin, of Cloues, alike waight, beaten into fine powder, then take of the powder of Wormwood leaues, dried, as much as all the others: mix the wel together, cast therof vpon a chafingdish of coals, and set in your presse, and shut it close: and thus do oft times, till you haue wel seasoned your presse or coffer.

A Perfume for a Chamber. Chap. 49.

Take Rosemarie, sweet Marizum, Bay leaues, of each a handfull, a penitwoorth of Cloues, vniugre, and Rosewater, a sufficient quantitie, boyle these in your perfuming pot, which smell is sweet, and wholsome.

A perfume of Damaske. Chap. 50

Take Storax, Calamite five ounces, Beniamin, Labdanum, fourre ounce, Dianamon one ounce, Muske fourre graines, Cloues a dram Rosewater half a pound, stamp them together, and when you will occupy them, put them into your perfuming pan, and boyle them.

An odoriferous sweet ball against the plague. Chap. 51

Take Storax, Labdanum, of each a dram, Cloues halfe a dramme Camphir halfe a scruple, Spikenard a scruple, Raginegs a dram
of

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of all these make a paste with rosewater, tempered with Gum Dragaxant, and Gum Arabick, stirring and bruising them well, of this paste make your balles, and warme them.

An odoriferous white powder. Chap. 52.

Take Three select thre ounce, white Saunders two ounces, Damaske Roses, Lignum Aloes, Benjamin, Cipri Alexand. of each two ounces, Huske fourre graines, Ciuet three grains, beat and fist them by themselues, and incorporate them in the same morter you beat them in, and keep it in a bessell well stopped.

A fine red powder. Chap. 53.

Take Damask Roses two ounces, Sandali Attirui one ounce, Ligni Aloes, Ligni Alex. of each a graine, fine Musk three drams, Ciuet two drams: mixe them and beat them, and keep them together, as before.

A sweet blacke Powder. Chap. 54

Take Cipri Alexand. Ligni Aloes of each halfe a dram, Sandali Tyrriui, Damask Roses, of each an ounce, Cloues three graines, Huske three graines, and as much Ciuet, beat these together, and keep them close in a violl well stopt.

A Powder wherwith to make sweet water. Chap. 55.

Take the wood of Cipresse, or the root of Galingale one quarterne, of Calamus Aromaticus one quarterne, of Drace or Iris one quarterne, of Cloues one quarterne, of Benjamin one quarterne: Dy ye may take of each of these one ounce for a portion, let all be beaten into powder, and when you will distill your roses, fill your Stell with Rose-leaues, and a fewe Spike flowers, and vpon the top of some strow some of your powders, and so distill them.

Some put a little of the powder of Nigella Romana to the other powders.

These Cakes will be very sweet, put the water in a large glasse, and to the pot put twelue graines of Huske, let it hang in the middle of the water, in a thin linnen cloath with a thred, set it in the Sun, twenty or thirty dapes, then take the glasse in, & set it in a dye aite.

Conclusions and rules to be vsed in distilling, and the ordering of each hearbe or flower before they be distilled. Chap. 56.

First, a sole fire maketh sweet water, and the sweetnes to continue strong.

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Secondly, coales still the best water.

Thirdly, wash nothing that you will still, but wipe it with a clean cloath. Fourthly, all hearbes, flowers and seeds must be gathered when the dewe is off them.

5 That which you will still, must lie at the least sixe houers before you still it.

6 All Spices corrupt your water, except Amber Grece, Cituet, and Muske.

7 Scum your water well.

8 Keep your still very cleane.

9 Wash your stil, but not often, & then dry it with a cloth.

13 The glasse still is best, the tyme next, the earth not so good as the tyme, and the leaden is worst of them.

11 Tender flowers, as Violets, Gilliflowers, and such like wold be filled in a glasse.

12 All compositions must be stopped close before, and in stilling diligently weighed and measured.

13 Liquid waters must haue greater fire then dry & light waters

14 Still not your glasse too full.

15 Put stroe of ashes vnder your stil, that your stil shal not burn.

16 Wipe the vpper part of the still often, but specially the ridge.

17 Diligence in looking to all things.

18 Bozage must bee distilled: the hearbe with the root chopped together.

Hyslope, the leaues stripped from the stalke, when it beares blew flowers.

Cannomill, the hearbe and flower chopt together in the middle of May.

Dill, the hearbe in the beginning of May.

Fumitorie, the whole substance chopped in the end of May:

Mint, either red or other, the hearbe, stalke and leaues chopped in the middle of May.

Roses, the flowers, cutting away the white ends.

Rosemary, the flowers, bud, and leaues stripped from the stalk in May, in the flowering.

Sentsorie, the hearbe and flowers chopped in the end of June.

Violets, the flowers in April.

Woodbind,

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Woodbine, the flowers in the beginning of June.

To make water of the same colour of the flowers
that you distill. Chap. 57.

First, distill your water in a Stillitoye: then put it in a faire
glasse, and take the buddes of Rosles, and cut away the white,
and put the leaues into the stilled water, then stop the glasse,
and put it into the Stillitoye to still, putting hearbes into the
Still for feare of burning. After this, straine the water from the
leaues, and scum it well.

A compound water to perfume gloues, or
other things. Chap. 58.

Take Damaske water double stilled, a pounde, Muske ten
graines, Ciuet three graines, Amber Greece soure graines,
beate all these together to powder, and put it into the water
aforesaid, and stop it close, and use it without any more stilling.

To make Damaske water. Chap. 59

Take Damaske Rosles and red Rosles, of each a handfull, let
them drye soure houres in the shadow: then take two drams
of Labdanum, Nigellæ Romanæ two peniwoorth. Iris half
an ounce, Storax two drams, Cloues an ounce, Beniamin,
Calamus Aromaticus, Nutmegs, of each halfe ounce, Marjoram,
Bazell of each halfe a handfull: bruise the spice and put it in Palm-
sey, or the lees thereof the space of soure dayes: then distil it and scum
it soureteen dayes.

Another maner of making Damask water.

Chap. 60.

Take of Grace, or Iris, of Spike flowers dryed, of Cloues, of
each an ounce, make them in powder, put them together, with
a pinte of new Ale in Coynes, and one pint of Rosewater in an
earthen pot, put thereto a great many of green Roseleaues,
let them soke in a night time stopped close: in the morning when you
shall distill, first lay other Roseleaues in the bottome of your Stil-
litoye for feare of cleauing too, then take of the Roseleaues out of
the pot, and put them with other greene Roseleaues, in your Stil-
litoye sufficient, and to the water put Muske, as aboue is layd. This
water is excellent to set forth a Tart, or Apple Hoyle, or Almond
butter.

The Closet, or Treasurie.

To make a sweet Damaske powder foure
manne of wayes.

Take two or three handfull of dried Roseleaues, two graines of
Musk, halfe an ounce of Cloues, and beat all these to powder.

2 Another way.

Take sixe ounces of Drace, foure ounces of Cloues, two ounces
of Storax Calamite, an ounce of Labdanum, with two ounces of
yellow Sanderers, and a little Muske.

3 Another way.

Take two ounces of Cloues, foure ounces of Sypruce, four oun-
ces of Storax Calamite, foure ounces of Roses, threc ounces of
Beniamin.

3 Another way.

Take threc ounces of Cypres, four ounces of Beniamin, two oun-
ces of Coliander or Labdanum, threc ounces of Storax Calamite,
two ounces of Roses, beat all to powder.

To make Pepper lost; with the vertue of the same.

You shall doe this after the same maner as is shewed for greene
Ginger, in the 15. Chapt. that is, with sand, and the like sir rope, sea-
son and keep them. Ginger and Pepper in sir rope conforteth a colde
Stomacke, and helpeth much to good digestion.

To keep Barberries.

Take clarified Sugar, and boyle it till it be thicke, which you
shall perceiue, if you take a little betweene youringers, it will rope
like byzoline then put in your Barberries, and let them boyle with
a lost fire vntil you perceiue they be tender: then put them in a glasse
and couer them and so keep them.

THE





The knowledge of the names

and naturall disposition of diuers diseases that most
commonlie happen to mollest and grieve the bodies
of men and women.

Chap. 59.

Elesancium is an euill which is easie to be known. 2 Gout Cain, is *Morbum caducum*, that is to say, the falling sickness. 3 Spulencia is the same euill, or very little difference,

4 Lytargium is a perilleus euill, for he that is therein, is alway sleeping: for it hath been seen, that a man in that euill hath slept himselfe to death.

5 Squinancia is an euill that is in the throtchowle, and when it taketh all the necke it is signe of death except medicine helpe.

6 Sciatica passio, is a passion that sitteth in the Wyzrell bone of the hip, and holdeth his course betweene that bone and the Ridge-bone, and then falleth, but his abiding is most in the Wirrel-bone.

7 Colica passio, is a passion that is in a mans Arse-gut, but it shooteth into all the guttes, and into the flanke, but his most paine is principally in the Arse-gut, and that stoppeth both wind and water.

8 Postema is in diuers maners both within the skin and without the kinne, and within the body, for all maner of things that swel beare out the flesh, and therfore all maner of Boyles, Botches, Fcl-lions, & other such like may be called postema aswell as those that be vpon the Stomack, or on the lungs: There be some that bear proper names, as Peria plonna, the which is an Impostume that is vpon the Lungs, that engendreth a passion, that is called in Latine Aspiratio,

The Closets, or Treasurie

ratio or Respiratio: and it is called in English, hard drawing of wind: that when a man hath much paine to drawe his wind, which maketh the Lungs to be in paine, for it presseth downe the lunges, and causeth them to be hote and drye, and that maketh a man to cough.

9 Pleuresium is another Impostume that lieth vpon the sides, and vpon the ribbes, and aketh soze. And he that is so diseased, commonly he is coughing: and the humor is red, and they bee much wakening and may not well lie on that side.

10 Also ther is an Impostume, that is called in Latin Anutrix, and Antradis: and it is called in English a Fellon, and they be hotter of matter then the other that goeth out of byles and felonys when it is rotted.

11 Tuna is a white watty Skalle, & Acorias is a dry Skall.

12 Caries is in a maner of an Impostume, that is like a wart that bringeth forth a long haire, or two or three.

13 Caries is the rooted head of a tree.

14 Derias is a Wart. And Cittitis is called an Impostume, as it is sayd heire before.

15 There is an euill that is called Riteria, and there be two of them: that is to say, the black & the yellow: and especially the blacke, which commeth of the chaffing of the liver.

16 Also there is an euill which belongeth to women, that is called Menstruous, the which is a flur of blood: And there is another that belongeth to women, that is called, the paine of the Matrice, which containeth from the Matrice to the priuie member. But the Matrice of it selfe is like a three cornered purse, as it may be made in figure: And that hangeth by certaine strings by the ribs, and by the ferailes, and so it stretcheth downe to the priuie member, which is called the mouth of the Matrice. You shall understand that the Matrice hath in it selfe nine foldes, which falleth like pleates of cloath, and in those pleates falleth the seed of man, and therein is it nourished, and therin is the child conceiued, by reason wherof it might bee possible that a man might get on a woman nine children at once, and if they were of such complexion that the woman might conceiue in every fold a child, and if it fortuned the seed of man to fal eu'en in the pleates, as it may fall: And if it falleth on the one side it getteth a

man-childe, and if it falleth on the other side it getteth a woman-childe, and if it fall even in the middle, it is like to be both the male and the female. And therefore, it is all in God, that a man might know the great might and godnes of his secrets,

17 Also, there is a malady that commeth of the Childe's birth, & that is when the childe commeth sooth, there commeth therewith a skin, the which is engendred of the seed of man: And it lyeth in the Matrice, & it is diuided in two parts, wherof one commeth to cleane blood, and afterward engendreth to a peice of cleane flesh: And then that flesh putteth from him a white thick matter, & that matter engendreth a skin, which skinne taketh and windeth in the cleane matter aforesayd: and euer moze as the childe soymeth and waxeth, even so the skin waxeth with it. And the same skin is called the Secundine: and it keepeth the childe from many perils that should fal thereto, if that were not: for it closeth in the childe, like as the shell incloseth in an egge: for first the shell of an egge was a skin in the beginning of the egge: Wherefore, in this case the skinne is called the Secundine, for it beareth vp the Childe: and when this Secundine is any thing pearced or hurte: then is the childe boorne before his time. This Treatise is drawne out of a Chapter called Gilbertus, which sayth that there be fve principall thinges that hindereth the birth of a childe. Whereof one is, when the woman with childe is verie soye wrought and angrie. The second is, when shee is smitten with a stasse. The third is euermuch fasting. The fourth, is a great fluse of her wombe. And the fift, is a fall vp on the wombe: for all these thinges hurte the Secundine, and maketh the Childe to be boorne to soone, which destroyeth both the woman and the Childe: for then the woman is not kindly purged of the Matrice, and then is the Secundine euill for to heale: and if it bee not well taken away of the Mid-wife. And except shee doe her endeouour well, then it will rotte, and make a woman great as though shee were with childe.

And then there is another Disease: that is, if it fortune that the childe be dead in the wombe, that hath a proper name in Latine, and is called Fetus, of what kind soever it be, & if it be dead it may be sayd so, & in English it is called a dead childe: wherefore al maner men

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I charge in gods name to take heed whatsoeuer ye be that read this Treatise, that ye blasphem not, noz dispise this, being the works of God, wherby ye may plainly understand how ye were brought into this world.

18 Also there is another malady, that is named in Latine Crminus appetitus or Morbo Camino, that is, when an unkindly heat is in the stomacke and in the body. And so the moisture that shoulde be in the stomacke, fumeth away, and the heat bringeth vp the moisture, and he that hath that malady is very costie.

19 Also there is another maladie that is called in Latin Eric a passio, that is, an euill that maketh a man to dry and vanishe away: And in English it is called the drynesse: howbeit the proper name thereof is Etick, and the man that hath that sicknesse shall consume away, but yet he shall be euer eating, and it is very tokenes of mortall death.

20 Also, there is another disease properly called in Latine, Fluxum ventris, which may be vnderstood in English, all maner of nesh wombed people, otherwise called the bloody Flur.

21 Also there is another flur, called in Latine, Lienterie, this is a flur of the womb, and this commeth when the stomack is al slipper, and the matter goeth away vndefied.

22 Also, there is a iother that is said in Latine, Desenterium, and that is when the guts make squamles in the maner of shauing of guts, and no other as men shall heare after.

23 And there is another disease that is called in Latin Themason, and that is euera contrary to that before, for Themason is, when a man is verie costie and hard wombed.

24 Also, there is another infirmite that is called in Latin Emorandes, and that is of great abundance of blood, and there will arise small teats, as it were warts, that wil lie within the fundament vp the gut, and without both.

25 There is another that is called in Latin Ericum, and that is the going out of the fundament, for the gut of the fundament wil goe out, and that is a sore euill.

26 Also there will come out of a mans nose much soule sick, and thereof great abundance, some like Gobbets of flesh, right in his kind, like as Emeraudes will doe, and that is called in Latin polipus.

Allse

27 Also there is another disease or Maladie, that is called in Latine malo Mortuo, and the soze that commeth thereof is called in English a Mortall, but know yee well, that his beginning is of a Melancholy in the body of man: and it is taken for one of the splices of the Scab: and properly it commeth of a naturall Melancholie, when it is purifid and corrupt of natural Melancholy, and in some men it is mingled with sawse sleume, and be both gendred together of too long vsling vnholisom meates: And sometime it commeth of the stopping of the Spleene. For when the Spleen may not receiue the Melancholie, then by his humors he is heauy of waight, and presseth it downward to the legges, and then beginneth the Pushes to breake out, and they be called Malum mortuum. Another cause whyp it is called Malum Mortuum, for it maketh the members, as it were dead, or els that it were flesh: And it is called so because it is not so quick in working as other sozes be, neyther in engendring of new flesh, nor mattereth not as other sozes doe, but alway is hot and dry: and mozeouer, it will not away till a man die, except hee be the moze warie, and it sooner taken heed to. For the Melancholy is the only cause thereof: And his culour is to be swarth, and as it were a partie blew, and hard: and commonly it is ful of stones and hard dead flesh, and there will goe out therof in a maner of a red water, like as if there had been raw flesh washed therein: and it will close in manie places, and when it is closed in one place it will breake out in another: And when it is surely of the Melancholy, the pushes will bee blacke and blew, and the place will itch soze, and be full of dead flesh, and with Hawceslume it will itch: also it wil be ful of sozes & boyls arrising therupon. Also take heed of his digestion, for it will be of great culour, and much quantitie of vaine and thicke. And knowe well that he that suffereth it, an euill commonly haunteth him, that is called in Latine Dediamine, and all they which are infected with that maladie, there will appeare haires therupon, as doth vpon a Leaper, but vpon this maladie the haire shall be blacke, and vpon the Leapoꝝ the haires shall be white and red: And a natureall knowledge and a true description are all these afores rehearsed.

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Diuers necessarie obseruations both Physicall and
Astronomicall. Chap. 62

Mdreouer, it is to be understood, that every moneth in the year
the Moone hath her course in one of the twelue signes: and in
every signe the Moone is two dayes and a halfe almost. And
ye shall knowe also that the twelue signes haue gouernment of eue-
ry man and beast in the twelue partes of the body. And whiche the
Moone is in every signe: and if the body be let blood or els wounded
or burnt, all the medicines that are cannot serue in that signe that
hath the gouernment of the place of the body, and it is maruell but
that the body be soone dead, or els distraught for euer.

Aries hath the gouernment of the head and the face.

Taurus the necke, the throte, and the knot of the throte.

Gemini the shoulders, armes, and handes.

Cancer the brest, the stomacke, the ribbes, the lunges, and the
Mylt in the upper part of the brest.

Leo the heart, the stomacke, and the ridge in the nether part of
the brest.

Virgo the wombe, with the Entrailles, and the paunch.

Libra the raynes, the loynes, and the web of the skin, that cou-
reth them, with the haunches and buttockes.

Scorpio the priuie members and the fundament.

Sagittarius the thydes.

Capricornus the knees and hammies.

Aquarius the legges from the knees to the ankles.

Pisces the wistles and the feet.

Also it is to be understood, that a Larative must bee taken when
the Moone is in Cancer or in Scorpio, or in Pisces, & when the wind
is in the South, then is it best time to take a larative.

Also if ye should afflire the medicine, make it in the signe re-
tinue, as Taurus, Virgo, and Capricornus, and when the wind is in
the North.

Also when he shall be let blood looke that the Moone be in a signe
Attractiue, as Aries, Leo, or Sagittarius. And looke that it be not in
the new Moone, neither in the old Moone too nigh the change. For
in the new Moone the blood is waxing, and in the olde moone the
blood is waning, and therefore take a full moone.

Also

Also if ye will giue a disgessiue medicine for to desie any humors, giue it when the Moone is in a disgessiue signe, as in Gemini, Libra or Aquarius: and if ye worke by this teaching, ye shall doe much the better, or els it will not goe by reason.

Also beware in these dayes in letting of blood, that is to say, in the Canicular daies, the which begin eigtheene dayes before Lammas vntill xxv. daies after Lammas, for they be tickled in the Leader. It is to be vnderstood, that every day beginneth at hie noon, as the Sunday beginneth his first houre on the Saterday before after noone. And the sunday, after the day, beginneth before the Sun rising at every day. It is to bee vnderstood in the Sunne rising of euery day is the first houre of the Planets: as to accompt after the Planet, the which Planets the dayes were marked in olde time. For in Latin and French they haue taken their names kindly after the Planets, but in English not so. Sonday taketh his name of the Sun. Munday of the Moon. Tuesday of Mars. Wednesday of Mercurie. Thursday of Jupiter. Fryday of Venus. Saturday of Saturnus. And in this order ye shalld accompt the houres of euery day by the Planets. If it be Saturday, the houre at Sun rising, which that day gouerneth, by Saturnus, the next day after by Jupiter. And so in order recken out the seuen Planets. And rise as oft as needeth butill the fourre and twenty howres bee fully spent. And this is the course of all the Planets of all the yeere: And if ye be let blood, then look that ye bleed in a good Planet, with the signe that ye be taught to bleed in. Jupiter and Venus be good Planets to bleed in, and Saturnus and Mars be naught: and the Sun and the Moone and Mercurie with good Signes they be good, and with bad signes they bee bad. They be called good Signes that be sanguinious, and they that be Melancholious be called badde Signes: and they that be Cholericke and Flegmatick standeth in meane: And therfore beware and keepe your rule, as it is sayd before.

The Closet or Treasurie;
Certaine secret remedies appertaining to women.

To make a woman haue her flowers. Chap. 63:

First looke that the woman bee not with childe: then take of the root of Gladens a good quantitie, and boyle it in vngre, or els in wine til it be tender: and after set it on the ground in a vessel, that the woman may stand ouer it, and let her stand close ouer, so that the heat may strike vp into her body, and this shall help her: for this sayeth neuer. probatum est.

For the suffigation of the Matrice, and for the falling of the same. Chap. 64.

Take Asphaltum, that is, Tarre of Judie, and cast it vpon the hotte coales, and let the woman receiue the smoke into her mouth, and into her nose, and it shall dñe the Mother downe anon.

For sore falling of the Matrice. Chap. 65

Take the same powder aforesaid, and cast it on hot coales vnder a siege stoole, and let the woman sit ouer it, and strew her with the sume, and stop the siege stoole close with cloathes so that there go no ayre out, and it shall dñe the Matrice vp presently, the sauour therof is so effectuall. probatum est.

For the Flowers to be brought out shortly. Chap. 66

Take the root of Gladens and make it cleane, & shred a good quantitie thereof small, and put it in an earthenpot, and put thereto a good quantity of vngre, as need requireth, & then take a couer & cover it close with paste, but let there be a hole in the middle of the couer and the couer bee of a dish meet for the pot. And let the hole bee no more but to put in a quil. And al the while that it is boyling, let that hole be stopped with paste, that no aire goe out, vntill that time that the rootes be soft. Then take it from the fire, and let it coole till the great heat be past, so that the woman may suffer it: and looke that thou haue a chaire with a siege, then take a quill or a pipe that is fit for the hole of the dish that couereth the pot, and vntstop the hole, and put in the pipe, and set the pot vnder the siege, so that the pipe may come vp thorow the siege, that the woman may receive the other end of the pipe into her boy, as warme as she may suffer, so that the heate may strike vp into the Matrice, and it shall open the Matrice, and she shall haue reliuerie right soone. And as soone as shee knoweth that it commith, doe it away, and she shall be whole by the grace of God.

For

of hidden Secretes;

For the Mother rising vpward.

Chap. 67.

Take halfe a pinte of **Galmesey**, and set it vpon the fire in a
Peece, and dissolve therein 3 s. of **Assafetida**, and let it stand
so ouer the fire the sayng of space of two **Creeds**, & then giue
this to the woman to drinke, and it will put down the Mother
presently.

For the Mother that riseth vpon a man.

Chap. 68.

Take **Ambrose**, called wild **Sage**, and drie it in the **Sunne**,
and make a powder thereof, and when the Mother riseth vp
to the heart, giue him to drinke a quantitie of that powder
with a little warme liquoꝝ, and it shall voyd anon.

To bring foorth **Tearmes**.

Chap. 69

Take **Organum** and boyle it in wine, and **Emplaster** it to the
privie member. Also take **Cotten** and wet it in **Turpentine**,
and make a **Suppositoꝝ**: Also take **Calamint** and **Peniroyall**,
and boyle it wine, and let her drinke thereof. Also take **Parsnip**,
and **Aristologia longa**, and boyle them in wine, and giue the sicke
to drinke, or els make a **Suppositoꝝ**, and it taketh away the ach
of the **Matriee**, and bringeth sooth the **Secundine**, and prouoketh
Tearmes,

Another.

Stewe her with these hearbes, **Organum**, **Calamint**, **Sauine**,
Moderwoort, **Peniroyall**, rootes of **Lillie**, and **Mader**, and make
a **Pillary**. Or els **Magdalision**, and put it in a strong linnen cloth, and
put it into her **Fundament**.

Also, take **Dyle** that a **Gooꝝ** is sodden in, and make **Suppositoꝝ**,
and it maketh prouocation anon.

Also, take **Garlike** and stampe it, and boyle it in **Dyle**, and put it
in a bag of linnen cloth, and therof make a **Suppositoꝝ**.

Also **Sinamon** and **Mirrhe** boyled in water, and drinke, putteth
away the **Secundine**.

Also, take **Dyle** that is made of **Lilly**, and gine to the woman to
cate with bread, or a **Suppositoꝝ** made thereof, therer is none like
theroꝝ in all maner kinds to help the **Matriee**,

Also

The Closer, or Treasurie.

Also for feare least the mouth of the Matrice were hurt with any thing, with any annoyning: Take oyle of Bay, Oyle of Puliol, or oyl Fustill that groweth on an Oak, and therwith anoint the place.

A good bathe prooued for the Flowers. Chap. 70.

Take Sauine, Juniper, Calamint, Penitroyall, Motherwoort, Peritorie, Peliter, leaues of the Bay tree, and boyle them together in water, and bathe the woman therin many times, and she shall haue her termes at her owne mind and will.

Also take an Egge and roste it soft, and put therein Asafetida, and let her sup it vp when she goeth to bed, and she shall speed anon.

To bring foorth the Secundine, and to cleanse
the Matrice. Chap. 71

Take Mistleves, and Holhocke, Wormwood, Mugwoort, Calamint, and Organum, and make her a bathe with water, and let her sit therin aboue the Nauell, and let her strike euer down wards with her hands, and it will help.

Item for the same.

Take a Goates skinne with the clawes and the haire, and cut it very small, and cast it into a fire of Charcoale made in a pan vnder a Siege-chaire, and let the aire smite vp into her body, and she shall haue helpe.

For the same,

Take Castor, 3 l. Enforbium, 3 s. and make them in powder, and take of the gall of a Bull 3 y. and of the iuice of Rue 3 l. and mingle them together, and then put thereto the powders aforesaid, and make a suppositorie of Cotten, and wet it in the confection, and put it in, and it will bring foorth the Secundine, and prouoke the Menstrues.

Another.

If a woman haue good purgation in her chylbed, let her drinke the shauing of Harts horne in waine, and it shall doe her ease.

To cease a womans Flowers. Chap. 72.

Take the iuice of Plantaine, and put thereto the powder of Bole Armoniak, and mingle them well together: then take Cotten and open it broad, and wet it in the confection, and make thereof a Suppositorie, and it shal cease the flure of the Matrice.

To

of hidden Secretes.

To bring soorth Flowers, and the Secundine, and
a dead Child. Chap. 73.

Take faire Dates and seeth them in faire water while they
be well sodden, and then take the water and make therof a
bathe, and let the woman sit therein up to the heart, and bathe
her well in that water, and it shall bring soorth her tearmes,
and the Secundine, and deliuer her of a dead childe, if she haue anie
in her wombe.

Another.

Take Aunce, and seeth it in wine, and make a plaster and lay
upon her Mauell. O^r els take the Croppes of Aunce & seeth the
in wine, and make therof a Suppositoie, & it will doe the said cure,

Another for the same.

Take the iuice of Dittaine and mingle it with powder of Castor,
and make a Suppositoie with Cotton.

Another.

Pill a cloue of Garlike, and put it into her, & it shall bring soorth
her flowers soone. O^r els seeth Garlike, and let her sit in that water
up to the Mauell, and soke her well therin, o^r els make a Suppos-
toie of Garlike sodden in oyle.

If a woman haue too many Flowers. Chap. 74.

Take the foot of an Hare, and put it in a new earthen pot, and
burne it to powder, and let her drinke of that powder with
warme Ale, o^r with warme wine vntill it be ceassed.

Another for the same.

Take the middle barke of the Cherry tree, & put away the gray
barke that is without, and take the greene barke and stamp it small,
and giue it to the woman with a little warme Ale to drinke, and it
shall stop the Flowers. *Probatum est*

Another.

Take the iuice of Bursa P astoris, and the powder of Sanguis
Draconi, and make a Subpesitoie therof, and it shall cease.

For to cleanse the Matrice. Chap. 75

Make a Subpositoie of Cotton, and annoiit it with Turpentin
and it cleaseth the Matrice of corruption.

For to cease Flowers, and for faintnes & casting in

Child-bed. Chap. 76.

Take the leaues of Bitch, and make small bundels therof, & seeth
them

The Cloſet, or Trearie

them in vīnigre, and make a plāſter thereof, and lay it to her ſhāre, and to the rāines, and if diſenterie be in deſault in the upp̄er gut, lay the plāſter vpon her ſtōmacke.

Powder of Hollānd againſt the Collicke, and the gnawing of the bellie. Chap. 77

Take Siñamōn, Annis ſeed, Fennel ſeed, Cynamia ſeede, of each a quarter of an ounce of Chauen Liquozas thzee quarters of an ounce, of Galingale one ounce and a halfe, of Spiknard a quarter of an ounce, of Seene of Alexandria, two ounces: beat them al into fine powder, & ſerue them, whereof take a quarter of an ounce in a melle of pottage.

Powder to make the belly ſoluble, cauſing a gentle laſke: meet for noble perſonages. Chap. 78.

Take Seene of Alexandria one ounce, of fine Ginger halfe a quarter of an ounce, of Annis ſeed a quarter of an ounce, beat them into fine powder & put the into ſod ſugar, and make looſings (as before) of the whole, the number of ſixteen, wherof diſſolve two of them into a melle of pottage, or in a cup of wine, fasting in the moſning and falſt one houre after. If you do put as much Sugre in powder yee may keep it in a bladder, and the whole powder will ſerue eight times to receiue: as euē now is ſaid.

A Receipt to reſtore ſtrength in them that are brought lowe with long ſickneſſes. Chap. 79.

Take of the hawne of a Feaſant or Partridge, or of a Capon ſowden or roſted of each a quarter of an ounee: ſleep them in Rosewater two houres, of the Kernels of Nuts, called Viſtatioum, and of the kernell of a Pine Apple, of each a quarter of an ounce, of Siñamōn in fine powder the waight of twenty barley corns, of the ſpices of Dianthos, Diamargariton, Letiſcentes, Galeni, of each the waight of fourty graineſ of Barly cornes, of the ſeede of Millon, Pepon, Gooy, and Cucum̄er, of each the waight ten graineſ the ſkin taſken off, let them be all ground ſmall, then take ſix ounces of Sugre diſſolued in Boorage water, ſeech it on height, as for looſings, & when it is ſodden ynough, then put in all the oþer geare, and make Looſings thereof. Whereof one is ſufficient at once diſſolued in a Melle of Pottage, or a draught of drinke. Thus doe two or thzee times euery day.

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To make Loosings. Chap. 80

Take half a pound of Saxe, and as much Rosewater, or other distilled water, as for Manus Christi, seeth them likewise, and when you will know when it is so ynaough, take out some vpon a kniues point, and let it coole, and if it be hard like Sugar, then it is sodden ynaough: Then put into it powder of Ginger, Sichamon, or Nutmeg: Stirre them well together, lay it vpon a paper oyle, drue it as thinne as ye thinke meet, lay on your gold leafe with a conies tayle, cut your Loosinges Diamond fashion, and so keepe them.

To perfume Gloues. Chap. 81.

Take the Gloues and wash them in Rosewater, or Damask water, till the scurtfe of the leather be gone, and then stretch them soothly, and keep the water you wash them with stil, then hang them vp to dry, and then lay them in a linnen cloach, that is folded three or four times double, and when they be dry, let them lie in Roseleanes dyed a day or two, then take oyle of Cinet Almonds and Muske, and grind them together vpon a Marble stoe, stretch them soothly, and with your hand annoiint your gloues three or four times, and euer among stretch them soothly as they drye. Then take Sandifer mixed with a little Amber Greece, and strowe the powder of it thinly vpon them, and lay them in a paper and in a bort: vpon els melt the Amber Greece, in a quantity of Rosewater, and mixe the Sandifer in it, and so annoiint the gloues with the same, then let them drye, and lay them in faire white paper.

2 To perfume Gloues another way.

Take the Gloues, and wash them as aforesaid, thre or four times, and wryng them evey time soothly, then take Gum Dra-gagant, and steepe it in fine Damaske water one night: Then straine the water through a fine linnen cloach, and take Gum and mixe it with an ounce of Amber Greece, and a quarter of an ounce of Muske: First, grinde your Amber Greece with oyle of Turpentine: then mingle all together, and roule your gloues with the same: lay them to drye, and lay a paper betweene.

3 A preparatiue for Gloues.

Vash the Gloues, as aforesaid, till the sent of the Leather be gone: Then take Beniamin two ounces, of Storax Calamite

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mite one ounce, let them be very fine: then take Oyle of Ciuit Almonds, and mingle it with Beniamin and Storax vpon a Marble stone. When it is well ground, put it into an earthen pot with Oyle of Ciuet Almonds, then put in Cleues in powder, and so let it stande close couered: & when you need take a little Rosewater in a spoonge, and rub the gloues softly, and then in like maner, with the oyle called Ciuet, for the same purpose.

4 Another way.

Take twelue graines of Muske, sixe graines of Amber Greece thre graines of Storax Calamite, sixe Graines of Beniamin, and a fewe Cloues: grinde all these together with Oyle of Ciuit Almonds. First, wash your cloathes with Fusses dissolved a day in Damaske water.

5 Another for Gloves.

Take your gloues and wash them in Rosewater once or twice, till all the scurfe be gone from them, and then let them drye, and stretch them well out, fingers and all. Then plaine them, and wash them once or twice: Then take two ounces of Storax, and as much Beniamin made in powder, drye your gloues all ouer, on a smooth boord before they be dry: then hang them to dry, and when they bee drye, saue the powder that is left.

Then take a pint of Rosewater, and two ounces of Storax, and two ounces of Synamon, put all these in powder, and cast them to the Rosewater, and let them seethe in a close posnet couered. Then take a fine brush, and brush them ouer.

6 Another way to perfume.

Take Amber Greece a dramme, of Muske halfe a dramme, of Fusses a dramme, of Ciuit halfe an ounce, put all these together in a pint of Rosewater, or Damaske water.

7 Another way.

Take a dram of Amber Greece, a dramme of Beniamin, halfe a dramme of Fusses, a dramme of Storax, a quartre of an ounce of Labdanum, put all these in Rosewater,

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A perfume for Chestes and Cupboards, and also
for Gloues. Chap. 82.

Take Beniamin and Storax of each an ounce, Labdanum and
Gulles, of each a quarter of an ounce, halfe a dram of Civit: if
you burne it for Chestes, or Cupboards, beate it in a hot Mort-
er: if it be for Gloues, boyle it, and put it to Rosewater

To cullour Gloues. Chap. 83.

You must haue hulles of greene Walnuts, that must lie in wa-
ter all the yeare long, rolle them well with these hulles, and
make them as deep a cullour as you may.

How to cullour Gloues yellow within.

To cullour gloues yellow within, take the yolks of twenty Eggs
and put them in a frying pan, with a soft fire, stirre them euer, and
bruise them with a Ladle, and the Oyle that ascendeth of them, bee-
ing annointed on the inside of the Gloues, will make them look yel-
low.

To make Muske Sope. Chap. 84

Take strong lye made of Chalke, and sixe pound of stony Chalke,
four pound of Deere suet, and put them in the lye in an earthen
pot, and mingle it well, and keepe it the space of fourty dayes,
and mingle and stirre it three or foure times a day till halfe be con-
sumed, and to that that remayneth seuen or eight dayes after, you
must put a quarter of an ounce of muske, and when you haue done so
you must also stirre it, and it will smell of muske.

To make red sealing Waxe. Chap. 85.

Take to one pound of Ware thre ounces of cleare Turpentine in
Sommer, in winter take foure: melt them together with a soft
fire: then take it from the fire and let it coole, then put in Vernilion
very finely ground, and Sallet oyle of each an ounce, and mire them
well together and it is perfect good.

To keep Damasins in sirrope. Chap. 86

Take Damasins, and picke them well with a knife or pin, then take
clarified Sugre, as much as you thinke will serue, and then you
must boyle it till it be as thicke as bird-lyme. Then boyle your

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Damaskins in the clarified Sugre till they be soft: then take them vp, and put them in a glasse: then you must boyle the Sirrope, till it be as thicke as the other was, before you put in the Damaskins, and as soone as it is so thicke you must powre it into the Damaskins, and so couer them close.

A water for the face, vſed of Gentlewomen Chap. 87

Take Goates milke two pound, fine Flower halfe a pecke, the whites of three Egges, and make it from passe to litle loues, and bake it not too much: then take moze of the sayd Goates milke, and crumme of the crummes of your bread into it, let it steepe all night, and wipe your face with a drye cloath, and then wash your face with the said milke, and in vſing this, it wil make the face shine as white as snowe.

Another, to make the face faire,

The the shearing of Scarlet fourre ounces, the whites of two new layd Egges, white wine two pound, Rosemarie flowers, or Rosemarie it selfe, and seeth it or still it, but if you seeth it, scum it cleane, and when it is colo vle it, and it will make the skinne looke smooch.

Another, to remoue high culour in
the face.

Lymons layd in Butter-milke is an excellent meanes to re-
moue high culour in the face.

A water for heate in the face, and breaking out with pimples, Chap. 88,

Take Allum glasse two pound, the iuyce of Plantin, Purslan, ver-
tuce, of each halfe a pound, the white of twenty egges, beat them
and mire them, and distill them: which water destroyeth chaunges,
heats, Pimples, wheales and scurffes, whatsoeuer they be.

To know whether a woman shall euer conceiue
or no, Chap. 89

Take

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Take the Ruite of a Hare, and hauing frayed and consumed it in hot water, giue it the woman to drinke in the morning at her breakfast, and let her stand in a hot bath: and if there come a griefe or paine in her belly, she may conceiue, if not, she shal never conceiue.

To make a barren woman beare Children.

Chap. 90.

Take of those little Sea-fishes, called in Latine Polipi, or Polipodes, and roste them vpon the Embres without Oyle, and let the woman eat of them, and it shall profit and help verie much, hauing in the meane time the company of a man.

To make a woman haue a quick and speedie deliuernace
of their children, without paine, or at least
verie little. Chap. 91.

Take leaues of Bittany and stampe them, or els make powder of them, and giue the woman that labouret to drinke of it with a little water, and shee shall bee deliuured incontinent, without anie great paine or labour.

To stop the running of the Raines fve severall wayes;

Chap. 92

Take Venice Turpentine wash'd in red Rosewater, fourre ounces, a Nutmeg, Plantain seed, a yellow Amber bead, of ech a like, with like quantity of Sianamen, and powder of Comfrey rootes, which being mingled, rolle of the Turpentine in the powder, and make it into fine pilles as big as a bean, and take them in a spoone with strop of Rubarbe, three in the morning, and three two houers before supper, and it will helpe it.

Another for the running of the raines.

Take Nutmegs halfe a pound, and brynde them in a morter, and knead them in dough and bake them, which bread is very healthful.

Another speciaall way approoued.

Take Hazel-roots, well pilled or blaunch'd two handfuls, Sinkeld and knotted grasse, of each a handful, fourre Camphir leaues: stampe the hearbes, and straine out the iuice into two pound of

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Muscadell: then beat the put kernels as small as you can, and put them in: Also take an Amber head, and beat it to powder very fine, which being put in the wine to the rest, stirre them altogether a good while: then seeth it vntill it come to a pound and a little moze, and drinke the one halfe in the mooring, and the other at nigh, making a very light Supper.

Another for the same.

Mip and Clarie fryed with the volkes of three or sonre Egges, and taken every morning is very good.

To strengthen the seed Chap. 93.

Take Succorie, Endive, Plantain, Violet flowers and the leaues Clarie, Sorrell, of each halfe a handfull, with a peece of Mutton make a good broth, and to eate it euening and mooring is espe- ciall good.

For the gnawing in a womans stomacke. Chap. 93

Take a good handfull of Speeranine, and a handfull of worme- wood, and beat a tile-stone, and lay these two things on it, and make a little bag, and when the heards be hot put them in the bag, and so lay them to her stomacke.

For the Ague in a womans breast, Chap. 94

Take Hemlocke leaues, and frise them in sweet butter, and as hot as he may suffer it, lay it to her breast, and lay a warme white cotten, and it will dye them away in shourt time.

For breastes that be sore with milke.

Chap. 95.

Take Linseed Oyle and waxe, melt them, and wee a rag therin, and lay it to the breast warme, which will dye with the milke.

For a sore breast. Chap. 96

Take beane flower two handfull, blancke, powder of Fennelike, of each a handfull, whit Winigre a pounde, three spoonfull of honey, and three volkes of Egges, seeth all till it be thick, and lay it warme to the breast, which will both breake it and heale it, always crush- ing out the matter when you shifte it.

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To keep a womans breast from breaking.

Chap. 97

Take Sage, Marigolds with the blacke seed, and the sharpest needles, of each halfe a handful, bruise them together, and lay it to, which will keepe it from breaking.

For the breasts broken or not.

Take oyle of Roses, beane flower, and the yolke of an Egge with a little Clinigre, set it on the fire til it be Luke warme, then with a feather annoiint the place.

For the vnnaturall heat of the liuer, Chap. 98

Take Borage, Buglosse, Succozie, Violets, Fumitory, yong hop-buds, Fennel buds, of each a quarter of a handful: yong Malows, and Mercurie, of each halfe a handful, boyle these in a potte of whey and straine them.

For the Canker in the mouth.

Chap. 99.

Take halfe a pint of Ale, and a sprig of Rosemarie, and seeth them all together, and scum your Ale, and then put in a peece of Allant as much as a Nut, and a spoonfull of honey, and two spoonfull of hysnuckle water.

To make the face faire, and the breath sweet

Chap. 100.

Take the flowers of Rosemary, and boyle them in white wine, then wash your face with it, and vse it for a vynke, & so shall you make your face faire, and your breath sweet.

To make haire as yellow as Golde, Chap. 101

Take the rine or scrapings of Rubarb, and steepe it in white wine, or in cleare Lie, and after you haue washed your head with it, you shall wet your haires with a spoonge or some other cloath, and let them drye by the fire, or in the Sun. After this wet them and drye them againe, for the sterner they doe it, the fairer they wil be, without hurting your head anie tinging at all.

To drive away all venomous beasts from your

house, Chap. 102.

Take Juniper, the seed of Agnus C:rus, the shelles of riuier Cre: nules. Hartes horre, the grease or Suet of a Bucke, Kerse or towne Cre: nes, Oryganic & bittanit, make of al these druge a dough, or pastre,

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paste. And when you will use or occupie it, burne it, for whereas the smoke thereof goeth, the beastes will voyd away.

Against all poysoneaten or drunken,

Chap. 103.

Having knowledge that any man is poysoned, the chiese reme-
die is to make him vomite the poysone, in giuing him Oyle O-
laine luke warme to drinke alone, or mixt with warme
water. And if you haue no oyle, giue him butter with hot water, or
with the decoction of Linseed, or the seed of Nettles, or of Semigre-
cum, and all these things purge the venome as well downward as
upward. After hauing made him vomite diuers times, you must
purge him with sharpe glisters downward. Then giue him water
mixt with honey, and also old wine ynough to drinke. But if you can
get good Triacle or Metridac, they are the princiallest against poi-
sonous, with Terra sigillata, Acoyn shels, and giue it him in good wine,
Let his meat be fat flesh of old beastes, and fat broth especially of
Hennes and fat fish, and let him not sleepe. And in continuing with
this meanes, he shall be deliuere by the help of God.

To drie away Lyce. Chap. 104

Take Incense, and the Larde of a Barrow hogge, properlie called
Barrowes grease, boyle them together in an earthen pan or pot
leaded, and with this oynement rub and annois the place where
the Lyce be.

How to make a soueraign water, that M. Doctor Steuens Phy-
sition, a man of great knowledge and cunning did practise,
and vsed of long experiance: and therewith did very manie
cures, and kept it alwayes secrete, till of late a little before
his death, Doctor Parker, late Archbishop of Canterbury,
did get it in writing of him, Chap. 105,

The Receipt.

Take a gallon of good Gascoine wine, then take Ginger, Galinyale
Cammegill, Synamon, Nutmegs, Graines, Cloues, Mace, An-
nis seeds, of euery of them a dram. Then take Sage, Mint, red Ro-
ses, Rose, Pelitorie of the wall, wilde Marigorum, Rosemarie,
Pennie

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Penny mountaine otherwise called wile Time, Cammonill, Las-
uender, and Auens, of every of them one handfull: then beat the spi-
ces small and bruise the hearbes, and put all into the wine, and let it
stand twelue howeres, stirring it divers times. Then stil it in a Lim-
beeke, and keep the first pinte of the water, for it is the best: Then
will come a second water, which is not so good as the first.

The sundry vertues and operations of the same,
many times approued,

The vertues of these waters be these: it comforteth the spirites, and preserueth greatly the youth of man, & helpeth the inward diseases comming of colde, against shaking of Pallie: it cureth the contracts of sinewes, and helpeth conception of women that bee barren, it killeth the wormes in the bellie: It helpeth the cold gowen, it helpeth the Taothach, it comforteth the stomacke very much, it cureth the cold dropste, it helpeth the stone in the bladder, and in the reynes of the backe: it cureth the Canker, it helpeth shortly a stinking breath. And who so leseth this water euer among, and not too oft, it preserueth him in good liking, and shall make one seeme yoong very long. You must take one spoonefull of this water fasting, but once in seuen dayes, for it is very hotte in operation. It preserued Doctor Steuens that he liued foure score and eighteene yeers, wher-
of ten yeares he liued bedzed.

To make a water that taketh off all staining, dying and spots
from the hands of Artificers, that get them by woorkeing,
and maketh them white and faire. It is good for them that
be Sun-burned. Chap. 106,

Take the iuice of a Lymmon, with a little Bay salt, and wash your
hands with it, and let them drye of themselues, wash them againe,
and you shall find all the spottes and staining gone. It is also very
good against the scurfe or scabbes.

To heale all manner of inflammation, and euill disposition of
the ayre, leaperic faces, great swolen legs, or inflamed hands,

Chap. 107.

¶

Take

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Take flower of Amillium made of Barly, which ye shall easily find at the Apothecaries, and seethe it halfe an hower in common water, then straine it and put it into another newe pot that is cleane and neat, putting to it a few Mallowes, Sarcocine, Hoppes, Endive and Borage, and seeth all these together vntill it be dissolued, and adde to it an ouunce of Sandall, and then straine all, and take in a linnen cloath as much Cassia extracta, as will goe into two mites, and put it within the said linnen cloath with the Cassia, whyle the water be hot, pressing it so hard betweene your two fingers, that the substance of it may goe into the water, then put it to Sugre or Pennides, as much as you wil. Of this drinke (which is of a verie amiable sauour) you must take from day to day a little glasse full in the mooring, lying in your bed with your breast vpward then laying some linnen cloth vpon your stomake, sleepe if you can, and take of it also after you be vp, and haue done your necessarie: the which doing you shall find your selfe verie well healed in few dayes: But here note, that this must be done in the Sommer, and not in the Winter, and he that hath his stomake very colde may weare before his breast some peice of Scarlet, or other cloath, and sometime anoint his stomacke with an Oyle made for the weaknesse of it, the perfect composition whereof we will put hereafter.

A singular ointment which healeth all burning with fire; not leauing any skarre where it hath beene.

Chap. 108.

Take the white of two Egges, two ounces of Tutina Alexandrina, two ounces of quicke lime washed in nine waters, an ounce of newe Ware, with as much Oyle Roset as shall suffice, and make thereof an oyntment, which yee shall find very good for this that we haue spoken off.

To draw an arrow-head or other iron out of a wound

Chap. 109.

Take the iuice of Valerian, in the which yee shall wet a tent, and put it into the wound, laying the sayle hearebe stamped vpon it, then make your binding of band as it appertayneth, by this means you

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you shall draw out the yron. And after heale the wound according as it shall require.

For him that hath a bunch on his head, or that hath his head swollen with a fall. Chap. 110

Take an ounce of Bay salt, raw honey three ounces, Cummin three ounces, Turpentine two ounces, intermingle all this well upon the fire, then lay it abroad upon a linnen cloath, and make thereof plaisters, the which you shall lay hot to his head and it will altogether allwage the swelling, and heale him clean and neat.

To knowe what time in the yeare hearbes and flowers should be gathered in their full strength.

Chap. 111.

Medicines are made divers & sundry wayes, some by leaues, some by seedes, some by rootes, some by hearbes, some by flowers, and some by fruities. Such leaues as are put in medicines, should be gathered when they be at their full waxing, ere that their colour be changed, or that they fade any thing.

Seeds when they be ful ripe, and the moistnesse somewhat dyped away.

Flowers should be taken when they be fully open, ere they begin to fade.

Hearbes should be gathered when they bee full of sap, and ere they shrikke.

Rootes should be gathered when the leaues fall.

Fruities should be taken when that they be at their full growth or when they fall, and the heauier fruit is the better, and those that be great and light in ponderation, choose not them, and those that be gathered in faire weather, be better then those that bee gathered in raine. And those hearbes that growe in the fieldes are better then those that growe in townes and gardens, and those that growe on hilles in the fieldes are best for medicines, for commonly they be lesse and not so fat, and haue moze vertue.

Many hearbes there be that haue speciall time to bee gathered in: and if they be gathered in that time, they haue their ful vertue, to

their

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their property, or els not so good. Some doe help whensoeuer they be gathered, and some naught if they be gathered out of time: wherefore, marke well what I teach thee.

Wittany shuld be gathered principally in Lammas moneth, with the seed and the roots, and without any Iron coole, and it shall be dryed in the shadow, for medicines it may be gathered other times, but euermore it is the better if it be gotten without iron, and it must be gathered before Sun rising.

Swinesgrasse should be gathered when it pleasest you in time of neede.

Cannomill shuld be gathered in Aprill.

Pellitozie shuld be gathered in June, before the Sunrising.

Red Docke shuld be gathered when they need dayly.

Longdebeefe shuld be gathered in June and July.

Peniwoort shuld be gathered in the beginning of winter.

Germander shuld be gathered in Lammas moneth.

Dragant shuld be gathered in June and July.

Columbine in Lammas moneth.

Addertong shuld be gathered in Aprill.

Pedelion when thou wilt.

Groundsill alway after midday.

Malwoorth, when it pleasest you, without yron.

Violet shuld be gathered in the moneth of March, and in this moneth shuld Violets be put into Sugre, and to sirrope.

Roses shuld be gathered in April and in May, and of them shuld be made Suger-Roset in sirrope of Roses, and in the same moneth shuld oyle be made of Cannomill.

Rosemarie flowers shuld be gathered in May.

Sentory when it beginneth to flower.

Organum in the moneth of June.

Solsequite shuld be gathered the sixteenth day of August, before the Sunsing, without Iron.

Harts-tong shuld be gathered ere day in Nouember.

Aristologia shuld be gathered the same time.

Garlicke may be taken when you need for medicines.

Wilde Garlicke shuld be gathered when it flowereth.

Gourdes shuld be gathered in the end of September, when they be

be ripe, and dyed where the Sunne may be all day. 10012

Wilde Nep berries should bee gathered when they ware yel-
lowe.

Cucumbers should be gathered when the fruit is ripe, and the
fruite should be layd vnder Vines, where the Sunne may not haue
al his strength on it in a moist place, that it may rei, soz then the seed
shall be good, and full of kernels.

Citruell when the fruitt is ripe, and dyed in a dry place in the
Sunne.

Calamint should bee gathered when it flowereth, and dry it in
the shadow, and it will last a yeere.

Saffron should be gathered asoore the Sun arise.

Godur, that groweth among Flaxe, should be gathered when he
beginneth to flower, and it may be kept three yeere.

Drake should be gathered when it flowereth, and dye it in the
shadowe, and a yeare it will last.

Clever should be gathered in haruest time.

Fennell seedes should be gathered in the beginning of Haruest,
and two yeare they may be kept.

The rootes of Fennell should bee gathered in the beginning of
the yeare, and two yeares they are good.

Baldemony, that some men cal Gentian, shuld be gathered in the
last end of the yeare, and foure yeares it is good ynowgh.

The roote of this hearbe is vled, and how thou shalt knowe him
is this, that he be very bitter, the lesse bitter the wople.

Also, looke that it be white, whole, and not hol'ow within, but sad
and not brittle, nor full of powder.

Gallingale is called in Physickie Typus: it may be taken at all
times when thou wile, but best it is in the ende of Cler: and thre
dayes it must be layd in the Sunne, and so bee dyed, that the moy-
sture rot it not, and then you must keep it in the shadow.

Flowerdeluce should be gathered in the end of Cler, and dyed
in the Sunne, and it will last two yeares well.

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Heer followeth the sundrie vertues of Roses,
for diuers Medicines,

Chap. 112

Roses bee cold and moist in two degrees: It hath these vertues, stamp it, and lay it to a soze that burneth and aketh, and it shall cease both the burning and akynge.

Also, it is good for the Feuer in the Stomacke, and against all euils that are gendred in hot humors.

Also, let any woman drinke it with wine, and it shall sooth and restraine bleeding, and help the marrowes of the wombe.

Also, make oyle of Roses, and that is a principall receipt for pricking in sinewes, and the water thereof is good for soze eyne, and for hot euils, and the oyle is good for head ache to anoint therewith the temples, and the root of him is good, to drawe sooth yron or other things in a mans foot, and the redde Rose is much better then the White.

The sundrie vertues of Lillies. Chap. 113.

Lillies are colde and dry in the third degree, and so saith Galen, that whoso seetheth the leaues in water, it is a noble plaister for sinewes that are shorthened, and it is good for all manner of burnings and scaldings.

Also when the leaues and the rootes are sodden in olde wine, and tempered up with honey, it is a profitable plaister for sicknesse that are staruen. Also the water and the iuice is good for to wash thy blisters, and to doe away the freckles on mans visage or womans: and the roote is good to ripe therewith botches, and for to breaue them,

Of the sundrie vertues of Milfoyle.

Chap. 114

Milfoyle is hot and dry in the second degree, it is good to stanch the bloody flux, and the iuice thereof healeth the biting of a red hound: and if it be sod in red wine, drinke it, and it slayeth wormes in the wombe, and it softeneth hardnesse in a mans womb, and it helpeth the Jaundise and drospie.

And

And take the heurbe and stampe it, and temper it with viningre, and it will doe away blood in woundes, and it will ease the tooth-ache, when it is chewed fasting. And it is good for the stinging of an Adder when it is sodden in wine, drinke it, and lay the substance thereto, and it will draw the venome out of the soze.

The sundrie vertues of Rosemarie, Chap. 115.

Rosemarie is hot and dry: take the flowers thereof and put them in a cleane cloath, and boyle them in faire cleane water, vntill halfe be wasted, and coole it, and drinke that water, for it is much woxth against all maner of euils in the body.

Also take the flowers and make powder thereof, and binde it to thy right arme in a liinnen cloath, and it shall make thee light and merry.

Also eat the flowers with honey fasting, with swete bread, or else with other bread, and there shall arise in thee no euill swelling.

Also take the flowers, & put them in thy chest among thy cloathes or among thy books, and moths shall not destroy them.

Also, boyle the flowers in Goates milke, and then let them stand all nigher under the aire couered, and after that gine him to drinke thereof that hath the Tiscke, and he shall be holpen.

Also, if there be any man that is rammage, take the flowers, and leakes a great quantite, and boyle them together in a good quantite of cleane water, in that Patiens Walneat, and it shall heale him.

Also, boyle the leaves in white wine, and wash thy face therwith and thy beard, and thy browes, and there shall no cornes spring out, but thou shalt haue a faire face.

Also put the leaves vnder thy bed, and thou shalt bee deliuered of alle euill dreames.

Also breake the leaves to powder, and lay them on the Canker, and it shall stay it.

Also take the leaves, and put them in to a wine vssell, and it shall keepe the wine from all swynesse and euil sauours, and if thou wilst set thy wine thou shalt haue good speed.

Also, if thou be seelde with vnkinde sweate, boyle the leaves in cleane

The Closet or Treasurie,

cleane water, and wash thy head therewith, and thou shalt be deliuered from that euill.

Also, if thou hast lost appetite of eating, boyle well these leaues in cleane water, and when the water is cold, put thereunto as much of white wine, and then make therein sops, eate thou thereof well, and thou shalt restore thy appetite againe.

Also, if thou haue the flure, boyle the leaues in strong Cyzil, and lay them on a linnen cloath, and bind it to thy wombe, and anon thy flure shall be withdrawne.

Also, if thy legges be blowne with the Gowt, boyle the leaues in water, and then take the leaues and bind them in a linnen cloath, and bind it about thy legges, and it shall doe thee much good.

Also, take the leaues, and boyle them in strong Cyzell, and bind them to thy stomacke in a cloth and it shall deliuer thee of all euils.

Also, if thou haue the cough, by stirring or by any other way, drinke the water of the leaues, boyled in white wine, and ye shall bee whole. Make powder of the rind of Rosemary, and drinke it, and if thou bee in the posse, thou shalt be deliuered.

Also, take the timber thereof, and burne it to coales, and make a powder therof, and then put it in a linnen cloath, & rub thy teeth therewith, and if there be any wormes therein, it shall slay them, and keepe thy teeth from all euills.

Also, of the wood make a boylt to smell thereto, and it shall keepe thee youngly.

Also, make therof a barrell, and drinke thou of the drinke that standeth therewith, and thou needest not dread of any euill besyng therin, and if thou set it in the field, or in thy garden, keep it honestly, and it shall bring sooth much increasing of it selfe.

And if a man haue lost his smelling of the aire, that he may not draw his breath, make a fire of the wood, and bake his bread therewith, and eat it, and it shall keep him well.

Also, a man that hath the Gowt, take oyle of Roses, and the yolk of an Egge, and the flowers of Rosemary, and medle them together and doe it to his soze, and he shall be holpen,

How

T How to make a speciall soueraigne water, which is of three culours, and it is called the Mother of all waters, which is verie excellent to cure the Canker, the pockes or Leaprofie, or anie other kind of superfluous humours, or anie sore old or new, and it is thus made,

Chap. 116.

Take Turpentine soure pound, of Frankincense, Masticke, or eyther two ounces, Allowes, Epaticke, Date stones, Labdanum, Calozum, rootes of Detany, rootes of Enula Campana, of each two ounces, distill them in a Limbeck of glasse, with a soft fire. The first water is cleare: the second water is yellow, and swimmeth aboue the other: the third water is reddish, like Saffron, and when it beginneth to be red and thicke like honey, then beginneth the third water. The first water burneth like a candle, the second water curdeleth like milke, and if you put one droppa of the thirde water into a cuppe of vynke, it goeth to the bottome, and there will it lie an houre, and then mount vp to the top, as true Bayme doth, and with this water if you wash your face twise a day and chiefly your Nolechilles, it cureth the Rewm descending frond the braine, and clarifieth the sight. And if you wet a linnen cloath in this water, and lay it to any soxe legge or arme that hath dead flesh, it will cleanse it, and drawe away the ache within syre holwes space, and it consumereth all Apostumes, Ulcers, Fistules, Pustules, Emraldes, and healeth all greene woundes. And if ye dip a linnen cloth therin, and make it syre fold, and lay it to the noddle of your necke, it healeth the Palsie: and so likewise it cureth the Gowt, or any snew that is drawne together therwith, bath it thre or four times together warme.

The water that is of the culour of bloud, is of such vertue, that if a leappous man or woman vse thereof fifteen dayes together, half a spoonfull every day, he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound it healeth it in fourte and twenty houres, if it be not mortall. And it healeth al kind of Cankers, Crepces, Noli me tangere, within fifteen dayes, if you wash them with the sayd water every thirde

The Closter or Treasorie.

Say and if you make rags of cloath, and dip it in the same water, and lay it upon a plague soze, and drop one drop therin, and it mortifieth the malignity therof, and that shortly. And if you dropp one drop in the eye that hath a Pearle, or is half blind, it will recouer it in eight dayes without any paines: and if you drinke a spoonfull of it with white wine, it will recouer the Strangury or distresse within sixe houers, and breaketh the stone within two houers, whether it be in the reines or in the bladder. The water that hath the colour of blood is most precious, it comforsteth the weake member, and preserueth the body from al diseases, and purifieth rotten blood, and healeth all diseases of the Milke, and keepeth away the Gout, and causeth good digestion, it purgeth cold and rotten blood, and putteth away ill humours, and healeth all agues. This water must bee used from the moneth of Nouember, to the moneth of Aprill, and you must take but halfe a spoonfull at once, nor oftener then once a weeke.

The maner to make this water, yee must haue a glasse a cubite high, and fill it with Aqua vitæ made with wine, and stop it well, then put it in horseling, so that it be not moist, nor too wet, least the glasse breake, and you must leaue the necke of the glasse without in the ayre, that glasse through the heate of the dung will boyle soze, so that the water will ascend to the necke of the same, and descend againe to the bottome through the ayre, and so let it stande thirtie daies, then take out the glasse, and putt these thinges following in the water, and stop the mouth that it breath not out, and so leaue it in eight dayes. Last of all, putt the glasse in Balmeo Marie with sand, setting on a head with a receiver, well stopped and make a soft fire, and gather the first water that drops cleare, but when yu see the second Water turne into redde colour, change the Receiver, for then commeth the second Water, and that will keepe well in a glasse wel stopped. The spices that go to this water be these, with the hearbs, Cardonum, Cloues, Nutmeggs, Ginger, Galengale, Jardane Pepper, Spikenard, Laurell berries, Smal ledge seedes, Mus-woox seedes, Fennel seedes, Anais seedes, flowers of Basill, El-der flowers, red Roies and white, Lignum Aloes, Cubibes, Cat-damum, Calamus Aromaticus, Haces, Germaner, Frankincense, Tarmentil, Juniper, Egrimony, Sennozie, Fumitory, Pimpernel

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Wimpernell, Dandelion, Eufrage, Endivie, seedes of Sorrell, yellow Saunders, Fetherfoy, Alloes, Epaticke, of each two ounces, Ribarbe, two drammes, drye Figges, Raisins, Dates without stones, sweete Almondes, of each two ounces, Aqua vite to the quantite of them all, and fourt times so much Sugre as they bee all, that is, for one pound of Engredience, fourt pound of Sugre, two pound of honey. This water is called the mother of all waters.

A perfect way to cure the loathsome disease of the French pockes, paines in the ioints, lamenes of limmes, pale-nesse of culour, loathsome scabbes, or any other filthie disease proceeding of superfluous or euill humours, as also to asswage ouer grosse and foggie fat bellies, and that without danger.

Chap. 117.

First, it is needfull to prouide for the sickle body a close & cleane chamber, out of all grosse aire, and cleane warme garmentes, both for body and legges, and at rising and going to bed, a fire of Charrecoales, for wood is not so wholesome for smoking, : also, they must not be troubled with ane thing to bring them out of patience, for that corrupteth the blood, which must bee new altered : also, the sickle booy must eat but little meate, and that kinde of meat as shall hereafter be prescribed, and at such times as shall bee appointed, and let the sickle body vse playing on instruments, or heare some playing, or tell merry tales, and haue no company of women, for that is a most daungerous poysen for the health of any person in that case.

Secondly, you must prepare two brasse pottes or els yron, one being fourt galions, the other sixe gallons, one for strong drinke, the other for small drinke : Also, you must haue close couers to them of brasse or yron, you must also prepare good earthen vessels, with close couers to keepe your drinke in, of both sortes by themselves : Also you must haue a Strayner of a Searce cloath, to straine your drinke after it is decoct, Instrumentes to take out dead flesch, and to

The Closet, or Treasurie

search a soze, and a syring to cleanse any soze being deepe, with the same drinke. Also you must haue a wooden vessell to bathe the sick body in, at such times as hereafter shal be appoynted. Also you must prepare cleane cloathes, to drye the sick body after a sweate, being warmed well first: other instrumentes you shall need none, but onely your wood scraped small, or turned, and the barke of the wood pounded in a morter, and the drugs also small, and your water which you shall decoct, the same must bee of a good Conduit or running brooke, verie cleane without any kinde of filth. Chalke water is good.

Thirdly, for your strong drinke, yee must take your pot of four gallons, and set it on a fire of coales, with four gallons of the faire running water, then put into the same one pound and a halfe of your wood, small rayed, or turned at the Turners, but when you doe buy your wood, see it be not olde, and lacke moisture: this tryall is best: Take a little coale burning, and lay it on the block besyde it be rayed, and if it be good, it wil boyl vp on every side of the coal, like Mirrour: Then put thereto an ounce or a little more of the barke of the same wood made in small powder, then take a quarter of a pound of Cummin seeds put whole into the same, and one halfe quarter of an ounce of Radix, and Rubarb, and then stop your pot fast, and lay paste about the couer, and so fast that no aire come out, then seeth it on a soft fire, but euer keep it boylung, and let it boyle at the least eight houres, then set it by, and unstop it not vntill it bee colde, then take your Hearcke, and straine it into a faire earthen pot, and couer it close. The sick body must drinke of this but one draught luke-warme in the morning, and one other at nyght.

Fourthly, you must take your pot of sixe gallons, and put in it sixe gallons of running water, and one pound of the wood rayed, and a quarter of Cummin seedes, and decoct it in all kind of thing euen as the other, being close stopped, and when it is cold straine it into an earthen vessell or vessels, and that must the party drinke at meale, and at other times when he list to drinke, and spare not, but drinke it by.

Fifthly, the sick body must be kept very warme, and not rise out of bed before eight of the clocke, and then eat a dozen or twenty Basons of the Sun, and no bread, but a draught of strong drinke warme, and

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and about eleuen of the clocke, let the sick body eat a little meat, as may suffice nature, and what meat, it shal be hereafter shewed, then let the sick body walke somewhiles in his chamber, or read some booke, or play on instruments, to keep him from sleeping: then at six of the clocke at night, a dozen of Reisins of the Sunne, and nothing els but a draught of strong drinke warmed.

Sixtly, give to the Patient to eat, these meats following, Chickin, Partridg, Feasant, Hen, Capon, Rabbet, Conie, Geale, Nuttcon, and vsue other, noz any salt, noz leauened bread, noz Rie bread, and very seldom roasted, but boyled in water, and no broth, noz porridge, noz any kind of sauce: if the sick body haue rosse, let it be but every third meale, and no kind of fish, Milke, or fruities, Reisins excepted.

Seuently, once in three dayes, for the first nine dayes in the morning let the sick body drinke a good draught of the strong drinke somewhat warme, and then lay very many cloathes on him, till hee sweat for the space of two howres: then ease some of the cloathes, and haue warmed linnen cloathes, and rub all the body drie ere he rise if he haue any sores that be deepe, wash the sore with strong drinke, and with a searce, and dig a little cloath in the strong drinke, and lay it to the soze, whether it be soze or knobs.

Eightly, after nine or ten dayes bee past, once in three dayes let the sick body be bathed on this soze. Set faire running water on the fire, and put thereto a great deale of ground Tuie leaues, and red Sage, and Fennel also, and by a good fire when the sick body is going to bed, put the water and hearbes into a vessell of wood, and let the sick body stand upright in it by the fire, and take vp the hearbs, and rub the body of the sick patient downwards, and then drie him with warme cloathes: use this three weeks, and by the grace of God the sick body shal be made whole, whatsoever he be: then if the partie be very weak, after nine or ten of the first dayes, let him eat euer day at foure of the clock in the after noon a new laid egge potched in faire water, and as much new bread as will suffice nature, and a little clean wine. Use this diet with good regard, as before is prescribed, and (by the grace of God) they shal be perfectly cured of those diseases aboue mentioned.

The Closet, or Treasurie

The maner to make another kind of Diet drinke of stronger operation, for the same diseases, which by the practise only of one man, hath done very great good, as well in the citie of London, as in diuers partes of the Realme,

Chap. 118.

Take of the best Guaicum, most heauy, and full of Gum, four pound, let it be well rased with a Rype, or turned into fine chippes by a Turner, and of the same barkes two pound: of Cardus benedictus, which is called the blessed Thistle, halfe a pound, of Maydenhaire, Lettach, the flowers of wilde and garden Buglosse, Anise one pound, Sweete Cassia, six ounces, Anis seede one ounce and a halfe, white Suyre, sixe pound, cast all these into a wine vessell cleane and apt for the same purpose, vpon which poure of the cleaneest and best white wine that may be got, in quantitie on hundred and sixe pound, couer this vessell three dapes, then straine it through an haire cloath: then keep it in a cleane vessell for the Patient at dinner and supper, but not to drinke it in the morning or euening. Besides the drynking of this Guaicum at dinner and Supper the Patient may betweene the times, as one hower before or after dinner or supper, drinke fourre or ffeu ounces. Also your aforesayd receipts may be put in cleane new white or Claret wine, being fined and made in the p[re]scribed maner.

Furthermore, the Patient that hath the Por, Dropie or Bowt may drinke among this worthy medicinae following, the dosse or quantitie is two ounces or moxe, according to the age and complexiōn of the Patient.

Take Maydenhayre, cleane fresh hops, Fumitory, Citrach called Asplenum, Sene of Alexand. of each three drams, great Centaurie rootes, Liquorice, Polipody, wilde and garden Buglosse each fourre ounces, Anis seede, Nigella Romana, the flowers of Buglosse the three Saunders, Sianion, each sixe ounces, put this into 24. pound of the Guaicum water, losden after the description in the Compounds following: than put it in a close vessell, & stop the mouth and when that is done, let the said vessell in another seething kettle, vpon

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Upon the fire, so let it stand and seeth for twenty houres faire & softly, then straine it, and keep it in a clean close vessel for the use aforesaid. But if the Pacient be full of humours, then doe thus: take Scne A-lezane two pound, Succa Rosarum solatiua, sixe pound, white sugre seuen pound, Rubat be electred three ounces, finely cut, Turbit of the best one ounce, put these in a cleare storne pot with a narrow mouth: poure into this pot xxiiii. pounds of the common Guaicum water, made in maner in the compouds following: stop your pots mouth, seeth it in the aforesaid maner, upon a soft fire xxiiii. houres, vntill it come to a thin seroye, called Jelup, then straine it, and keep this p-ec-
cious purging drinck for morning, the dosse one ounce & a half, ac-
cording to the age, compleion and strenght: the Pacient must also
eat bread three ounces, well baked like Bisket, and the flesh of Chic-
ken, Hen, Capon, Partridge, Fiealant, small birds of the wood rosted
expell sodden meates: and if the common drinke be too strong, then
the Pacient may poure therevnto a small cleane wine, or Beer:
Let the Pacient bee merry kept in a faire cleane chamber, with
sweet perfumes, not much feeding, but little and fine, with cleane
warme apparell, and a fire of Charre-coales, eschewing Clemen-
tines, Fruites, fyn grosse flesh, pottage and white meates: care,
anger cold, much heat: and by Gods help ye shall have present re-
medie, whether it be for the Pore, or to cleanse the reynes, or for
them that be ouer fat or foggie people, full of grosse humours, gotten
with ease and feeding, and to rebate & allswage their fogginess with-
out hurt but rather renew them (as it were) and make them seem
young. It helpeth also the Gout, Dropsic, Sciatica, Tanker & Tim-
pany, and many other loathsome diseases, that proceede from ouer
great abundance of grosse humours, also for extreame paine in the
jointes.

The maner to choose the best Guaicum or Lignum vitæ. Chap. 119

OF this wood Guaicum, there are three kindest: the first is black
within, in the heart pale enloured, haing in it russet lines,
verie hard and heauy. The other black within, but white with-
out, haing verie small lines, is hard and heauy, and not so great as
the first. The third is all right white within (and without, haing
very small lines, and the heart of this wood is best, the arme of the
Tree

The Closter, or Treasurie.

tree is better then the bovy, the boughes neerer the fruite haue the moxe vertue, war nesse and dinessse then the lower partes of the tree, which are moxe grosser, and moxe earthly of nature, and the moxe vnteous the wood is, it is the better, the sappe is not so good as the heart, neyther the bark as good as the sappe. But the white wood is sweet, and moxt excellent in operation, and is *Lignum sanctum*, the holy wood. The bark of the straight yong branches of boughes, being heauy and white, moist, and without lines, hard compacted, be the best barkes for the Pore. All these woods calld Guiaci, haue a Rosin, or matter like Benjamin, or pleasant Gum within the wood, which is the spirit or lively helping humoure in decoction for the Pore in the sinewes, vaines, muskles, head, hands, feet, and the bones: No sicknesse is so sharp and cruel to nature, but this precious wood will both quickly and gently asswage the paine and griefe of the same, if it bee ministred accordingly in decoction, namely, to them, who either the Pore hath tormented, or els the Gout with intollerable griefe.

A moste certaine and approoued remedie against all
maner of pestilence or plague, be it
nauer so vehement,

Chap. 120.

Take an Onion, and cut him ouerthwart, then make a little hole in each peece, the which you shall fill with fine Triacle, and set the peeces together againe, as they were before: after this, wrap them in a wet lennen cloath, putting it to roolle, covered in the embers or ashes: and when it is roasted ymough, presse out all the iuice of it, and giue the Patient to drinke thereof a spoonfull, immedietly he shall seele himselfe better, and shall with out sayle be healed.

To

To make a sirrope of Vinegre, good for many things.

Chap. 121

Take sharpe vynegre a pound and a halfe, Sugre two pounde and a halfe, boyle it til it be a sirrope. It will digest choller, Melancholy, and Fleyme: It wil make grosse humours thin; openeth obstructions, pouoketh brine, expelleth naughte humours, is good against all pestilent feuers, cooleth and quencheth thirst, and keeps the body loose.

To comfort the heart, and take away Melancholy.

Chap. 122.

Take the iuice of Bozage fourteene pounde, the flowers of Bozage halfe a pound: let these stand infused in hot embers fourteene hours, then beeing strained and clarified, put too of good Sugre two pound, and boyle it to a sirrope.

A Sirrope to cleanse the breast and the Lungen,

the cough and Pleurisie.

Chap. 123.

Take Liquorise small shyd and hysuled an ounce, Maydenhaire halfe an ounce, Hyslope, two drammes, water two pounde, let these lie mixt fourteene and twenty hours, then boyle it till the third part be consumed, which strained, put in of good honey, of sugar pennet, and white Sugre, of each fourteene ounces, and Rosewater, threnee ounces.

For spitting either of Lightes or Lungen,

Chap. 124

Take the iuice of Purslane and Plantine, of each an ounce, redde Corall a dram, and Bloodstone halfe a dram fine powdered, mixt together, vse it.

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For Wormes in young Children. Chap. 125.

Take Lupines, and make flower of them, which kneaded with
honey, lay it to the stomacke of the child.

For the swelling of the Cods. Chap. 126.

Take Rue stamp, lay it to the grieved place, and thou shalt haue
present remedy.

For him that cannot hold his water. Chap. 127

Take the small end of Oken leaves, and seeth them in Claret
wine, being well beaten, lay it as hot as may be suffered vpon
the yard in a plastron fasshion.

For the headache. Chap. 128.

Take the irice of Mariorum, and put it into the Rosechyls, and
it will helpe you.

For griefe of the stomacke. Chap. 129.

Take Masticke, Cloues, Nutmegs, of each a drani, Mace and
Sinamon of each half a dramme fine powdered: then take the
bottome of a browne loafe toasted and dipt in Malmesey, straw-
ing of the said powder vpon it, lay it to the stomacke, and it is a pre-
sent remedy.

For the Itch. Chap. 130.

Take unwrought Ware, fresh Butter, Rose Vinegre, red Rose-
water, Brimstone fine beaten, and Cloues all boyled together,
make an ointment and vse it.

A Gargill for a sore throat. Chap. 131

Take white Wine, conduit water, of each a pound, roch Allum,
half an ounce, two spoonfull of honey, boyle all to a pound and a
halfe, and vse it three or four times a day.

A

of hidden Secretes.

A Water for Scabbes, Vlcers and Pusnes,

Chap. 132

Take Plantine water halfe a pound, water of Ozenge sounces, Sublimate powder, an ounce, put all in a double glasse or some other good vessell, and let it boyle with a gentle fire a quarter of an hower, and take it off, and keepe it in a cleane vessell, which vse three or fourre sundrie times, and it shal heale them.

To make a water to take out all spots out of cloth
of gold, and velvet, Chap. 132

Take rawe red Arsenicke, Martem Cudum, of each of them a like quantitie, and when they be well brayed, poure some faire water vpon them, and then putting the hearbe Cinkefoyle to it, seeth it vnto the halfe, and then let it coole, and set it in the Sun two howeres: then wash your cloath in it, and let it drye in the Sunne.

To take spottes of grease and Oyle out of all
sortes of cloath, white or other.

Chap. 134.

Take the water that Pease haue bene sodde in, and steep your cloath where the spotte is in it, and then wash it in cleane riuer water, and drye it in the Sunne.

To take all maner of spots out of silke,

Chap. 135

Take the juice of great and round Mushroms of a sharpe talle, wet the spots in it the space of two howeres, and then wash them with cleare water, and then let them drye.

To take spots out of cloath, Chap. 136

Take cold lie, and lees of white Wine, made a little hot, and mix them well together, But you must take heed they be not too hot, and wash your cloath.

The Closter, or Treasurie

A Soueraigne remedie for the cough.

Chap. 137

Take Brimstone beaten in powder halse an ounce, and put it in a new latte Egge soft roste, mingle it well together: then put to it Beniamin the bignesse of a Zitch Pease, lighelie stamped, and drinke it in the morning at your breakfast: Make as much a gaine at night when you goe to bed, and you shall be whole at the second or third time. But if the cough haue holden you long, you must take it so much the oftener.

To keepe poultice from destroying with Weafils,

Chap. 138

Rubbe your Poultice with the iuice of Rue or Hearbe-grace, and the Weafils shal doe them no hurt: If they eat the Lungs of a Foxe, the Foxes will not eat them.

A briefe Treatise of Urines, & wel of mens Urines as of wemens: to iudge by the colours, which betoken health, which sicknesse, and which death. Chap. 139

It is shewed, that in foure parts of the body dwelleth sicknes and health, that is in the womb, in the head, in the liver, & in the bladder: In what mauer thou maist know their properties, and therof thou maist learne.

If a mans urine be white at morrow, and red before meat, and white after meate, he is whole. And if it be fat and thicke, it is not good: and if the Urine be meanlie thicke, it is good to like. And if it be thicke as Asse-pisse, it betokeneth head-ache.

Urine that is two dayes red, and the third day white, betokeneth verie health.

Urine that is fat, white, & moist, betokeneth the feuer quartaine.

Urine that is bloody, betokeneth that the bladder is hurt by some rotting that is within.

A little Urine all fleshe betokeneth of the Reynes, who pisseth blood without sicknes, he hath some vaine broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sicknesse, betokeneth great euill within the body, and namely in the bladder.

Urine that falleth by drappes aboue, as it were great holnes, betokeneth

okeneth great sicknesse and long.

Womans Urine that is cleare and shining in the Urinall as siluer, if she cast oft, and if she haue no talent to meat, it betokeneth she is with child.

Womans Urine that is strong and white with stinking, betokeneth sicknes in the reines, and in her secret receites, in her chambers full of euill humours, and of sicknesse of her selfe.

Womans Urine that is bloody, and cleare as water vnder, betokeneth head-ache.

Womans Urine that is like to golde, cleare and mighty, betokeneth that she hath lust to man.

Womans Urin that hath culour of stable-cleansing, betokeneth her to haue the feuer quartaine, and she to die the third day.

Womans vrine that appeareth as culour of lead, if shee be with child, betokeneth that it is dead within her.

Hereafter followeth all the Vrines that betoken death, as well the Vrine of the man, as of the woman. Chap. 140.

In a whole Aris, one part red, another black, another greene, and another blew betokeneth death.

Urine in whole Aris, blacke and little in quantitie, fattie and stinking, it betokeneth death.

Urine couered ouer all as lead, betokeneth a prolonging of death.

Urine that shineth raw and right bright, if the skinne in the bottome shine not, it betokeneth death.

Urine thin in substance, hauing fleeting aboue, as it were a darke Skie, signifieth of death.

Urine derslie, stinking, and darke, with a darke Skie within, betokeneth a prolonging of death.

Urine that is of the culour of water, if it haue a darke Skie in an Aris, it betokeneth death.

Urine that hath drestes in the bottome medled with blood, it betokeneth death.

Urine blacke and thick, if the sickle loach when hee goeth to the priuy, and when he speaketh ouerthwart, or that he understandeth not aright, and if these sicknesse goe not from him, they betoken death.

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